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Go to our website for more training, nutrition and exclusive blogs. We also have up-to-the-minute news on health and fitness. Here's a small taste of what we have in cyberspace in March.

#OxygenExhale

What is your fitness inspiration? Whether it's your favorite exercise, a run through the neighborhood or a crazy yoga pose, we want to see what inspires you. Share it with us on Instagram or Tweet us using the hashtag #oxygenexhale and your photo could be featured in an upcoming issue of Oxygen!

Cover girl bonus!

Check out our bonus Q&A and behind-the-scenes footage of Figure Olympia runner-up and Oxygen cover model Candice Keene.

trending online

➔ **On Facebook:** We asked you, "What does being fit mean to you?" And boy—oh-boy did you let us know! Emily Skye told us, "Being fit to me is being my strongest, healthiest, most balanced and happiest self so I can live my best life possible!" Michelle Antonini Clark said, "Fitness is eating clean and working out. It's being active. It's doing, it's moving, but it's also being good when working hard!" Raquel Centeno said, "[It's] the ability to mentally push yourself through physical boundaries. Nothing is impossible. Also seeing the dramatic changes and increased energy and stamina!"

➔ **On Instagram:** Did you know that March is National Nutrition Month? To celebrate that, we want to see your favorite healthy meals! Take a snapshot of your yummiest and nutritious meals or recipes and post them on Instagram using the hashtag #oxyeatright and you could be featured on our website!

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Tell us what you like about this issue and let us know what we can do better. Tag us in your posts @oxygenmag and you could be featured here!



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I love air-popped popcorn! Its crunchiness is satisfying, and the fiber in it makes it filling.

I reach for a handful of unsalted, roasted almonds. They satisfy, and they're packed with goodness!

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It's never too late!



➔ If you're like most of us, you hit the ground running in January. You painstakingly listed your top 2015 goals, vowing this year is going to be different! — get fitter, spend more time doing things you really want to do, find new workouts and meal plans — essentially rebuild yourself, inside and out, mind, body and soul.

But, as statistics readily point out, more than 60 percent of us will find our resolutions slipping away shortly after the new year as life gets in the way. But that doesn't mean you've failed. It's just a matter of perspective — time to regroup, gather all the motivation you can find, and get back to building the best body, mind and spirit just in time for spring.

There's still plenty of time to put your plans into place — all you need to do is to muster the confidence in yourself to make it happen. And that's where the ever-dependable Oxygen community comes into play. Here are just some of the inspiring words of wisdom from our experts in this month's issue to get you back on track.

1 Get moving!

Spend a minimum of 30 minutes a day being active. Instead of wasting half your lunch break looking at emails or Facebook, get out and move. Skip the nighttime TV and go for a moonlit stroll. The increased blood flow will help energize you and boost your mood.

— FITNESS EXPERT KIM LYONS-SCHLIERKAMP
Check out "The Power of a Fit Life" Page 44

2 Skip detox; eat smarter!

Any weight loss produced during a liquid cleanse will almost assuredly be followed by weight gain. — SEATTLE-BASED NUTRITIONIST MICHELLE BABB, MS, RD
Turn to "Detox Debunked" Page 40

3 Burn more fat!

Incorporating high-intensity interval training increases the size of a muscle cell's mitochondria by an amazing 35 percent and amps up your fat-burning potential.

— LEN KRAVITZ, PH.D., AND OXYGEN ADVISORY BOARD MEMBER

4 Use stairs. They are your nearest fitness tool.

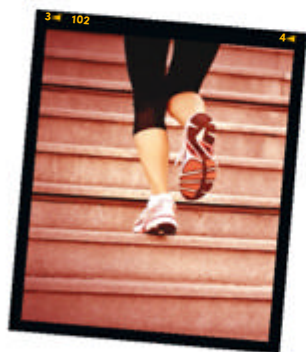
Try Oxygen's 15-minute fat-blasting stair workout on Page 30 and then check out more of the latest research and fat-melting tips from contributor Jerry Kindela in Fat Loss News on Page 42.

Stay in touch,

Diane

DIANE HART
EDITOR-IN-CHIEF
@dianeoxymag

P.S. One final thought: Give yourself some leeway. Be kind to yourself and break some rules: It's great to have training plans, but sometimes it's good for the soul to get off the grid. The other day, I took a detour from my usual path to the gym at lunch and instead went for a run along a bike path, savoring the bracing breezes, soaring birds and fresh smell of the outdoors. I returned to the office newly inspired and energized. I highly recommend it!



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Shout out!

**Oxygen readers never hold back.
Here's what you told us this month.**



» **Amazing arm workout!**
I am a full-time university student with a part-time job. With my hectic lifestyle, finding my own fitness routines is the only way I manage to stay on the right path. I love *Oxygen* and wanted to thank you for the arm workout "Great Guns!" by Nicole Wilkins in your January issue. It was an intense, awesome workout! Other fitness magazines seem to focus on the same old, same old bodyparts, so this was a pleasant surprise. I am looking forward to even more workouts in future issues of *Oxygen*!

— KATHLENE, VIA EMAIL

More eating plans!
I've been a subscriber for almost four years but wanted to say how much I enjoyed "Four Weeks to Fat Loss" (November 2014). I followed it for six weeks and was finally able to reach my goal weight — I lost the last 10 pounds! I'd love to see more eating plans. Thanks for the monthly motivation!

— ASHLEY, VIA EMAIL

I have been an avid *Oxygen* reader for seven years! I found the article "Four Weeks to Fat Loss" (November 2014) super helpful. Both the fat-blasting workout and easy and convenient meal plan were great — as someone who is on the go throughout the day, this meal plan has been extremely helpful. Also, my wallet is happy! Thanks again, *Oxygen*!

— KATE, VIA EMAIL

Are you kidding?
I have to say how disappointed I was to read the How She Fuels article (November 2014) about Sara Solomon and how she intermittently fasts "a few" select days. When is fasting a healthy part of any fitness regimen? It shouldn't be a part of any healthy fitness program.

— DOMINIQUE, VIA EMAIL

Food for thought
The Success Story "A Life-Changing Diet" (December 2014) featuring Carrie Muscat was so encouraging to me. I too am on a restrictive diet because of a health issue and also find it easy but so healthy. I'd love to see more recipes that don't have dairy or sugar or soy. Thank you for this wonderful magazine, clearly the best one ever published.

— BETH, VIA EMAIL

Not afraid to fail
I read each issue of *Oxygen* cover to cover — something I don't do with any other magazine. I really loved the Editor's Letter in the November 2014 issue "Don't Be Afraid to Fail!" When I first started training, I found the idea of "training to failure" intimidating but very quickly learned that it's a good thing — if I pushed myself past failure, it meant I had given 100 percent and then some to the effort.

Looking at failure in the gym was empowering, and I started to look at "failure" outside the gym in the same way. This viewpoint and the confidence I have gotten from my strength gains have made a huge difference in my personal and professional life. Thank you, *Oxygen*, for being such a great guide for women to get healthy, get strong and get confident!

— FALLON, VIA EMAIL

EDITOR'S NOTE: ASHLEY AND KATE, YOU'LL BE HAPPY TO LEARN WE HAVE ANOTHER ONE-WEEK MEAL PLAN IN OUR LATEST OXYGEN COLLECTOR'S ISSUE "BEST BODY" ON NEWSSTANDS NOW!

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All content submitted to *Oxygen* will be considered for publication. We reserve the right to edit for length and clarity.

A woman with long dark hair, wearing a blue sports top, is holding a large, textured metal weight plate with both hands. The plate has "35" and "STANDARD" embossed on it. The background is a gym setting with metal racks and equipment. The overall color scheme is teal and blue.

B

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[contributors]



Emily Hayden

» Our three-month progressive workout program ends this month with "Shred It!" on Page 80. The model for all three installments, Emily Hayden, says being photographed for *Oxygen* was a dream come true for her, but demonstrating exercises is harder than it looks. "What most people probably don't realize is how exhausting photo shoots can be," Hayden says. "Imagine working out for two days straight! But as soon as I get in front of the camera, I get an adrenaline rush that powers me." Hayden, a native of Houston, is a graduate of Texas A&M University and is certified as a personal trainer and fitness nutrition specialist through the National Academy of Sports Medicine. In addition, she's an NPC National Bikini competitor and Team Edge Athlete. She enjoys following a traditional bodybuilding regimen and mixes it up with yoga and sports such as basketball and swimming. She stays consistent with her eating but allows herself a treat from time to time. "Girl needs her occasional chocolate!" she says. Follow Hayden on Instagram at @ehfitness21 or on the Web at emilyhayden.fitness.1stphorm.com.

» You may be familiar with the name Robert Reiff. The veteran photographer is responsible for this month's cover and workout photos with Candice Keene as well as the images of Emily Hayden for our three-month training program on Page 80. His photographs have been featured throughout every issue of *Oxygen* since 2003, and his work in the fitness industry has been respected for years. A native New Yorker, Reiff is a self-taught photographer who started in the world of high fashion and architectural photography, then moved into fitness by taking photos for industry icon Joe Weider in the '80s. "Working as a photographer in the fitness industry is extremely inspiring to me," he says. "I have met the best of the best in all areas of fitness." He explains that at the cover shoot with Keene, they hit it off, creating the right kind of environment for a successful session. "Readers can feel if there is something genuine coming through the photos, and all aspects of the shoot lead to that end result," he says.



Robert Reiff



Jessie R. Shafer, RD

» This month's nutrition feature, "Formula for Fat Loss," on Page 62, was written by regular *Oxygen* contributor Jessie R. Shafer, RD. She enjoyed developing this issue's recipes, she says, because "they prove that you don't have to sacrifice flavor or decent portion sizes to achieve fat loss." The registered dietitian, who earned a journalism degree from Northwestern University, photographed every single thing she ate in 2014 and blogged about it at projectfareshot.com. "It was quite the undertaking, but the whole project made me a more understanding nutritionist and healthier eater," she says. "I stuck with it for 365 days and feel like I got the best look at my life through the photos." She and her husband enjoy hiking and bicycling together, and Shafer works out six days a week, especially enjoying power barre yoga and a HIIT/ab circuit. She also enjoys experimenting in the kitchen with new ideas. Her latest foodie interest? Beans. "I've been testing a lot of bean recipes lately. There are so many varieties. I'm really loving the flavors and enjoying seeing legumes as a fresh new ingredient," she says.

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ON THE UP AND UP

Take your workout to new heights with this stair workout

No gym? No problem. You can get a great workout and burn tons of calories by simply using the stairs. Because you're forced to work against gravity, climbing stairs is twice as taxing as walking briskly on level ground, and even 50 percent more difficult than walking up a steep incline, according to Canadian researchers. And because stairs typically have a 65 percent or so grade to them, they elevate your heart rate more quickly, which means less time spent working for the same results. In fact, a study in the *British Journal of Sports Medicine* reported that participants who did stair climbing five days a week for eight weeks improved VO2 max up to 17 percent in women.

Turn to Page 30 for a 15-minute stair-blasting workout.





More bench-press variations



- Smith-machine flat/incline press
- Flat/incline dumbbell press
- One-arm flat bench dumbbell press
- Stability-ball barbell/dumbbell press
- Incline-bench barbell/dumbbell press
- Decline-bench dumbbell/barbell press
- Cable one-/two-arm press
- Seated machine press

Oxygen breaks it down:

barbell bench press

Lamest gym pickup line ever: How much do you bench? Well, how much *do* you bench? Most of us don't know because we're not as obsessed with our chests as men are (ours and theirs both!) In any case, perfecting your bench press could be key in terms of upper-body development and strength, improving your entire kinetic chain while building size and shape in your pecs. Here's how to do a perfect bench press and get great results.

➤ Lie on the bench with your back arching naturally and your feet flat on the floor for stability. Do not put your feet on the bench. This decreases stability and puts you at risk for injury. If you're height challenged, place a plate or two on the floor on either side of the bench for your feet.

➤ Shift up or back on the bench until your eyes are under the bar and your neck is neutral.

➤ Pull your shoulder blades down and together before you grab the bar to create a stable base, then take a moderate-width overhand grip on the barbell.

➤ Make sure your wrists are vertical, not hyperextended.

➤ Once you've gripped the bar, pretend you're trying to rip it apart. This engages and activates your lats, shoulders and back, further stabilizing you and protecting you from injury.

➤ Have a partner help you lift the bar off the rack and position it over your chest. If you are training solo, pull the bar forward off the rack rather than pressing it up and back. Pressing will cause you to lose tension in your shoulders and upper back, diminishing your power potential and undoing the stable base you've just created.

➤ Slowly lower the bar between your sternum and your nipples. As you lower, imagine you are bending the ends of the bar downward, which pulls your elbows in tighter, putting them in the proper position.

➤ Lightly touch the bar to your body. Do not bounce or use momentum.

➤ Drive the bar up using your whole body, digging your feet into the floor and extending your arms with force to return to the start.

➤ Inhale on the descent, and exhale on the exertion.

➤ **Beginner Tip:** If you're unsure of your form, try benching on the Smith machine, which allows you to set the safety stops at a certain height and moves in a preset trajectory.

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Find a set of stairs in a nearby stadium, high school, or even in your apartment or office building and get your burn on. For each time increment, do as many flights as you can of the directed activity and rest the remainder of the time. Jog or walk back down the stairs after each completed flight up.

Time	Activity
0:00-2:00	Walk up the stairs one at a time (5-6 RPE).
2:00-4:00	Walk up the stairs two at a time (RPE 6-7).
4:00-6:00	Jog up the stairs one at a time, moving your feet and arms quickly (RPE 6-7).
6:00-8:00	Run up the stairs two at a time, pushing off strongly from your rear foot (RPE 7-8).
8:00-10:00	"Skate" up the stairs one at a time, leaping from side to side as you ascend as if skating (RPE 8-9).
10:00-12:00	Run up the stairs two at a time (RPE 7-8).
12:00-14:00	Jog up the stairs one at a time (RPE 6-7).
14:00-15:00	Walk up the stairs one at a time (RPE 5-6).



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Need to revamp your home gym? Then check out the newest equipment to hit the stores. Designed and developed by Kim Lyons-Schlierkamp — former IFBB Fitness pro and *Biggest Loser* trainer — the Bionic Body line of gear includes unique patented handles, bars, superbands, resistance tubes and anchors. (modellis.com, amazon.com)

P.S. If you're in Hermosa Beach, California, check out Lyons-Schlierkamp's new Bionic Body Gym and see the gear — and more — in action. Better yet, take a class from Lyons-Schlierkamp herself! bionicbody.com



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MOVE OF THE MONTH: SUPERMAN SWIMMERS

The real Superman had a back of steel, but we mere mortals need to work ours regularly to improve posture and protect our spines. Check out this twist on the Superman standard that hits your back from top to bottom as well as your shoulders, glutes and hamstrings.

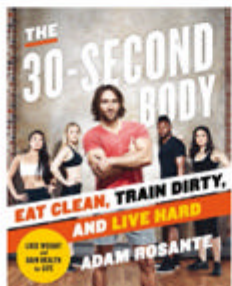
Setup: Lie facedown on the floor with your legs about hip-width apart, arms extended and your hands in front of you.

Move: Lift your arms and legs up off the floor while keeping your head neutral. "Swim" your arms forward and around in a circle just above the floor, bringing your elbows in as your hands come past your shoulders to return to the start. Reverse the direction of your arms every five reps.

Be bookish, babe

Need a little inspiration in the gym or kitchen? Check out some of the latest titles that can get you fit, fed and fabulous in a flash!

The 30-Second Body: Eat Clean, Train Dirty, and Live Hard (Random House, March 2015) Get into killer shape without a gym with celebrity trainer Adam Rosante's three-tiered plan that combines clean eating with high-intensity interval training, compound strength movements and increased mental fortitude.



A Good Food Day: Reboot Your Health With Food That Tastes Great (Clarkson Potter, December 2014) Cook up clean, fresh food that is easy to prepare and will fit perfectly with your Oxygen lifestyle. Chef Marco Canora creates healthful recipes using low-glycemic and alternative ingredients, such as quinoa panzanella, steamed black bass with bok choy, and oatmeal and dark chocolate cookies.



Weapons of Fitness (Avery/Penguin, April 2015) Become your own weapon of self-defense and get into the best shape of your life with this empowering book by martial arts expert Avital Zeiler, who has gotten Amanda Seyfried, Keri Russell and Megan Boone their A-list bodies.



What is the difference between dynamic and ballistic stretching? They look the same to me.

ANSWER: At first glance, these two flexibility techniques might look similar, but there are some very drastic differences between the two protocols.

» **Ballistic stretching** involves using momentum to move a limb beyond its normal range of motion — i.e., you find the maximum range of motion of a joint, then you bounce or jerk over that limb in an attempt to force the stretch farther. This puts stress on your soft tissues and could lead to injury and the overstretching of muscles, tendons and even ligaments.

» **Dynamic stretching** involves moving a limb or bodypart within its range of motion, gradually and gently increasing length and reach through controlled, deliberate movement. Think: arm and leg swings that start small and gradually become bigger and faster. There is no bouncing or jerking, just fluid, constant movement with the purpose of warming up and stretching all at the same time.

Dynamic stretching is the recommended protocol preworkout to prep your muscles to work. Do five to 10 minutes of dynamic stretching each time you train, focusing on the muscle groups you'll be hitting that day. Finish up your session with more dynamic stretching or some static stretching, in which you stretch a muscle to its maximum length, then hold and breathe as it slowly relaxes and gets longer.

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Frequent headaches?

➔ **Try cutting salt.** If you suffer from headaches more than once a week, a high-salt diet could be the problem. A new study published in the *British Medical Journal Open* found that daily sodium intake of 4,000 milligrams or higher increased the incidence of headaches in study participants. Those on the lowest-salt diets had 31 percent fewer headaches than those eating the most salt. If you tend to gravitate toward salty foods and experience frequent headaches, try cutting back on salt or blunting the impact of sodium by eating more potassium-rich fruits and vegetables.

Cauliflower

➔ This flourishing veggie is often overlooked for more colorful options, but cauliflower contains an impressive array of antioxidants, vitamins, minerals and phytochemicals. Steamed and mashed cauliflower is a healthful stand-in for mashed potatoes, reducing the amount of starch and carbohydrates. Cauliflower is also excellent when drizzled with a little olive oil and salt and roasted in a 400-degree oven until tender. Try cutting ½- to 1-inch thick slabs of cauliflower and grilling them as veggie “steaks.”

Cauliflower is a member of the cruciferous family (along with kale, Brussels sprouts and broccoli) that is known for their anti-inflammatory compounds, which help reduce the risk of chronic diseases and some cancers. Despite its pale color, cauliflower is a good source of nutrients that help you stay well, including vitamin C, fiber, potassium and magnesium.

In Season — Cauliflower is available year-round but hits its peak harvest season February through May.

Look for — heads that are compact, white and firm, ideally 6 to 8 inches in diameter. If a cauliflower has a coarse appearance, it is too mature and should be discarded. Store heads in a plastic bag in the refrigerator up to one week.



lin3

THE NUMBER OF AMERICANS WHO REPORT DOING NO PHYSICAL ACTIVITY. PAT YOURSELF ON THE BACK FOR NOT ADDING TO THE NUMBER — AND GRAB A FRIEND THE NEXT TIME YOU HEAD TO THE GYM OR OUTSIDE FOR A RUN OR WALK. IT TAKES HELP FROM EVERYONE TO FIGHT THE NATION'S GROWING RATE OF OBESITY, WHICH HAS DOUBLED OVER THE LAST 25 YEARS AND INCREASED AGAIN LAST YEAR. THE AMERICAN COUNCIL ON EXERCISE HAS TARGETED 2035 AS THE YEAR IT HOPES TO END “THE OBESITY EPIDEMIC.”

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Servings: If you use a 9-by-9-inch pan, this recipe makes 16 bars.

Wet ingredients

- ½ cup raw agave nectar (or liquid sweetener of choice)
- ¾ cup pecan butter (or nut butter of choice)
- 2 teaspoons vanilla extract

Dry ingredients

- 1 cup oat flour
- 1 cup oats, whole
- 1¾ cups soaked and dehydrated buckwheat groats, or kasha (Kasha is toasted buckwheat.)
- ½ cup hemp seed
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- cacao powder dusted on top

1. Put the wet ingredients in a blender and blend until well-combined and creamy. Alternately put the wet ingredients in a bowl and whisk rapidly to combine until creamy.

2. In a medium to large mixing bowl, put the dry ingredients (excluding the cacao powder) in and mix together.

3. Pour the wet ingredients into the bowl of dry ingredients and mix together with a spatula or your hands to combine together thoroughly. Using gloves can help mix with hands.

4. Line a glass pan or cookie sheet (9 by 9 inches, 7 by 11 inches, etc., all work great) with parchment paper, having paper come out of two of the ends so the bars can be lifted out of the pan. Using your hands, press the mixture into place. Use a rubber spatula to smooth out and ensure entire pan has an even surface.

5. Put the cacao powder in a small fine mesh strainer to evenly distribute a thin layer over the surface of the bars.

6. Place pan in refrigerator for a minimum of one hour. This allows the bars an opportunity to firm up and hold their shape while cutting. Recommended shapes when cutting are rectangles, squares or energy nuggets.

Total cost of ingredients:

\$18.40, or \$1.15 per serving.

Storage suggestion:

Store in an airtight container. Bars will keep for one month in the refrigerator and three months in the freezer.

Nutrition facts (per serving):

calories 252, fat 8 g, carbs 37 g, dietary fiber 6 g, protein 8.5 g

RECIPE MAKEOVER

Un-deviled eggs

Makes 12 servings

Replace the mayonnaise with Greek yogurt and add blended beans to give standard deviled eggs a calorie cut and nutrition boost. Each egg half is only 25 calories and contains 8 grams of protein and 2 grams of fiber.

- 18 hard-cooked eggs, peeled and halved
- 1 15-ounce can white beans, rinsed and drained
- ¼ cup chopped celery
- 3 tablespoons plain nonfat Greek yogurt
- 2 tablespoons sliced green onion
- 2 tablespoons lemon juice
- 1 tablespoon yellow mustard
- 1 tablespoon sugar
- 1 tablespoon water
- ½ teaspoon salt
- ¼ teaspoon celery seeds

Remove yolks from halved eggs. Set whites aside. Place three whole egg yolks in a food processor; discard the remaining yolks. Add beans, celery, yogurt, green onion, lemon juice, mustard, sugar, water, salt and celery seeds to food processor. Cover and process until filling is smooth. Fill each egg half with about 2 teaspoons of the bean mixture. If desired, garnish with additional green onion.

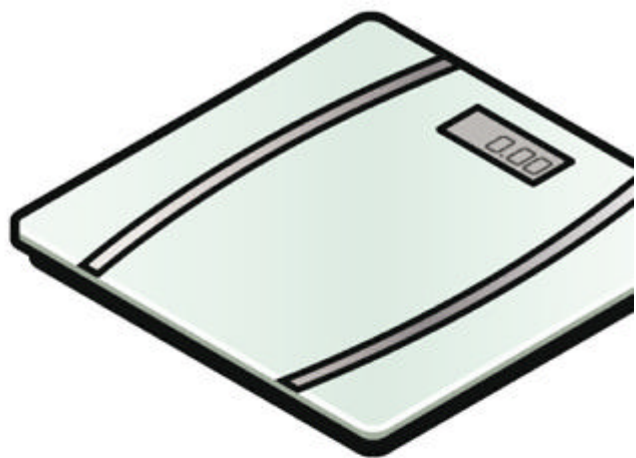
Nutrition Facts Per Serving (3 egg halves each): calories 74, total fat 2 g, saturated fat 0 g, carbs 7 g, dietary fiber 2 g, sugar 2 g, sodium 189 mg, protein 8 g



Carbs are key

Protein is a potent muscle builder, but you can't ignore carbs in any postworkout regimen. "Ignore the long-held notion that protein is your primary fuel postworkout," says Elise Mische, a registered dietitian and health coach in Reno, Nevada. "Carbohydrates feed muscles preworkout and postworkout and spare muscle protein. Protein is an important component for recovery, but the preferred ratio of grams of carbohydrates to grams of protein post-workout is 3:1."

What you need: Average amount of protein for active women range from 40 to 70 grams per day.



Weigh-In Wednesdays

Many health experts agree that focusing too much on bodyweight can thwart your health efforts. However, a new study published by the Public Library of Science shows that people who weigh themselves once a week or more often lost more weight than those who go more than a week between weigh-ins. The average time participants could go between weighing themselves without gaining weight was 5.8 days.

A previous study by the same research team found that weight naturally fluctuates throughout the week and most people weigh the least on Wednesday. Brian Wansink, Ph.D., director of the Cornell Food and Brand Lab in New York, says if you weigh yourself only once a week, do it the same time every Wednesday morning because that will give you the most accurate reading.

Stay clean at night

➔ It's been a few hours since dinner and you're about to climb into bed, but you feel a tad bit hungry. Should you eat something now or wait until morning? "If you're routinely feeling hungry after dinner, you're probably not eating enough at dinner or throughout the day," says Joanna McMillan, Ph.D., of Sydney University in Australia. Next, you need to distinguish whether you're hungry to the point of being nauseous or just in the mood for a bedtime snack. If it's the latter, hold off until morning. "The kinds of foods we eat late at night don't tend to be healthy," McMillan says. "When you fast overnight, your body has time to process its stored glucose (carbohydrate sources), so you can replenish those in the morning." ●



A yogurt a day keeps diabetes away

➔ According to the Harvard School of Public Health, just one serving of yogurt daily means an 18 percent reduction in risk of developing the disease. Experts believe that the probiotics — the “good” bacteria — in yogurt alter the intestinal environment for the better, helping reduce inflammation and promote hormone production that helps control appetite.

» **Try it today:** Eat one serving of low-fat Greek yogurt as a snack or part of a meal. Mix yogurt with fruit for a breakfast parfait, or blend yogurt into a shake postworkout.

McMorons?

Trans fat is notorious for clogging arteries and causing heart disease, but new research indicates it also might be messing with your memory. Participants in the study had a significantly reduced ability to recall words during a memory test, and the higher the trans-fat consumption, the worse the performance. Scientists theorize that trans fat adversely affects the hippocampus center of the brain, which is linked to memory. On the flip side, chocolate was shown to improve memory. A known antioxidant, it had the opposite effect on the hippocampus than the trans fat.

» **Try it today:** Skip the store-bought treats and make your own batch of fresh chocolate chip cookies from scratch using all-natural, whole ingredients and plenty of dark chocolate chips that are high in antioxidants.



From the horse's mouth

Aside from eating, you probably don't give your mouth too much thought, but here are some interesting facts that might make you turn an eye down your gullet:

- » Your mouth is home to more than 700 types of bacteria.
- » Eighty million germs are transferred from one person to another during one kiss.
- » Your teeth are as unique as your fingerprints.
- » When you burn the roof of your mouth, it's called “pizza palate.”
- » The first braces were constructed in France in 1728.
- » Three million miles of dental floss is purchased in North America every year.
- » Tooth decay is the second most common disease in the U.S., behind the common cold.
- » Recent research indicates that grapefruit extract can kill oral viruses.
- » Routine dental radiographs can help prevent stroke by identifying dangerous calcium buildup in the carotid arteries at either end of the jawbone.



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Detox debunked

The not-so juicy truth about doing a juice cleanse. **By Allison Young**

➔ Consume nothing but juices for a few days and — presto! — you're healthier. That's the promise many juice companies are selling, and plenty are paying big bucks to jump on the trend. But do the bottled promises really live up to the hype, or do drastic detoxes deplete the brain and mess with your metabolism and muscle tone, making it hard to operate (in life or in the gym) at optimum levels? Turns out the high price tag isn't the only cost of a purge.

PROMISE: You'll improve your mental clarity and fine-tune your focus.

REALITY: Mental fog will set in with a dash of irritability.

"There is nothing metabolically going on when someone does a juice fast that will increase their mental clarity," says Melinda Johnson, clinical assistant professor and director, Didactic Program in Dietetics, Arizona State University. Your brain needs protein and fat to function optimally; without them, your concentration and mood can suffer. "Depending on the juice fast, a person may go into a state of ketosis, which can give a person 'brain fog' and impact mood," Johnson adds. What's more, drastic diets can cause obsessive food thoughts (I need chocolate NOW!) and make it almost impossible to achieve high levels of performance in the gym.

PROMISE: You'll drop pounds.

REALITY: Limiting your body's calories can set you up for weight gain.

Yes, you'll shed water weight, and because most cleanses supply only half the calories you need, you may drop a pound or two — at first. But without adequate protein, your body begins to lose hard-earned muscle mass, which can affect your metabolism. "Any weight loss produced during a liquid cleanse will almost assuredly be followed by weight gain," says Michelle Babb, MS, RD, a nutritionist in Seattle.

PROMISE: You'll rid your body of toxins.

REALITY: Your body doesn't need a deprivation diet to detox.

Juice companies proclaim that taking solid food out of the equation gives our bodies a chance to eliminate built-up toxins. However, it isn't scientifically proven that your body actually needs to be cleansed or that anything extra is "freed" on a juice cleanse. "A healthy diet of whole fruits, veggies, whole grains, lean protein, low-fat dairy, healthy fats and minimal consumption of highly manufactured foods is the most wonderfully detoxifying way to eat," says Jennifer Neily, MS, RDN, a registered dietitian in Dallas.

PROMISE: Juice cleansing is like mainlining nutrients.

REALITY: With the nutrients comes heaps of sugar. Juices deliver a potent dose of antioxidants that help support the immune system, but it's a temporary fix and may not be good for people with blood-sugar management issues, Babb says. That's because juice cleanses are higher in sugar than you may think: One popular juice-cleanse program contains a whopping 180 grams of sugar in one day — that's seven times more than the Recommended Daily Intake. Over the long haul, too much sugar may harm the brain and impair memory. You need a more balanced approach to macronutrients to fuel your workouts.

PROMISE: Energy levels will skyrocket.

REALITY: Limiting calories can limit energy.

"Depending on how long the juice cleanse lasts, our body can go into starvation mode, where it attempts to conserve energy by slowing things down — making us feel less energetic," Johnson says. Not getting adequate fat and protein can zap energy even more, not to mention the sugar crash: "Juice can cause a rapid increase in blood sugar, followed by a sharp decline, which leaves you feeling tired and hungry," Babb says. Remember, as an active woman, you need food to fuel your busy life and challenging workouts. Your best bet is to make healthy nutrition choices and don't be too quick to jump on the deprivation bandwagon. ●





KEEP IT SIMPLE

14 to LEAN

"This program is for people who don't know where to start, have hit that plateau, or have a specific deadline for an event; whether it's a PHOTO SHOOT, MOVIE SCENE, TRAINING CAMP, WEDDING, SCHOOL REUNION...whatever!"

— Gunnar Peterson, A-List Celebrity Trainer

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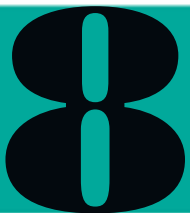
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burn 10%

More fat

➤ According to research, it's possible to increase your fat burning post-workout approximately 10 percent, as long as the workout is a HIIT-style plan. What that means is that you alternate between very high-intensity exercise and ultra-low-intensity output. The most basic form of high-intensity interval training relies on running or cycling (more advanced HIIT options can include exercise with two heavy ropes or TRX straps), and for newbies, the ratio of high-to-low output can be 1:3, 1:4 or 1:5. For example, an all-out sprint or cycling portion of the interval lasts 15 seconds, followed by a slow walk or very light pedal for 45 seconds. This gives you a 1:3 ratio. A 1:5 ratio would call for 10 seconds of intense exercise followed by 50 seconds of ultra-low intensity. The ultimate goal is to do five or six intervals, but as a beginner, you might shoot for three intervals at the start and add more of them as your cardiovascular endurance improves. The beauty of a HIIT program (do it three times a week) is that it generates continuous fat loss for at least 24 hours after it's finished. What are you waiting for?



NUMBER OF GLASSES OF WATER YOU SHOULD DRINK DAILY TO KEEP YOUR METABOLISM — YOUR INTERNAL FURNACE — ELEVATED ENOUGH TO BOOST YOUR CALORIE-BURNING EFFORTS. EATING A LOT OF FRUITS AND VEGETABLES LOADED WITH FLUID, SUCH AS STRAWBERRIES, ASPARAGUS, GREEN SALADS, CELERY, WATERMELON, PINEAPPLE AND CANTALOUPE, AIDS YOUR WATER-DRINKING EFFORTS.

FAST-FOOD STOPPER

➔ We all know spinach is good for you, but spinach membrane? Sweden's Lund University provided study participants with 5 grams every morning of spinach extracts in drink form, composed largely of the membrane portion of the green leaf. At the end of the study, researchers were surprised to find that the drink mixture was shown to reduce cravings for unhealthy foods, including sweets and fast food, by a whopping 95 percent! While you may not have access to the drink used in the study, you can still get insane in the membrane by concocting your own green beverage from spinach juiced with organic apples. Quaff the stuff 30 minutes before breakfast. Or if you can't bring yourself to drink the green liquid, make it a point to snack midmorning with a spinach salad, topped with a sprinkle of nuts, dried un-sugared cranberries and 3 ounces of chicken breast, coated with a slight bit of olive oil and white balsamic vinegar. Make sure to include the spinach stems.



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The power of a fit life

Five steps toward a more energized, upbeat outlook. **By Kim Lyons-Schlierkamp**

➔ It has taken me many years to appreciate the power of inspiration: For the first half of my fitness career, I didn't realize how inspiring my fit lifestyle was to people around me. I was creating a really cool ripple effect and I didn't even know it! I was blind to the amazing side effects of working hard and loving what I did!

Moreover, through my passion for living a fit, *Oxygen* lifestyle, I have also learned about myself: I have become better at accepting, loving and embracing myself more and more each day. Of course, it hasn't happened overnight. But by developing an awareness of how I live my life every day and how much I enjoy helping others, I've also developed a deep sense of environmental and social responsibility.

LIVE IN THE MOMENT

If there is one piece of advice I can offer, it is to get your life off autopilot. Become aware of what you do. Try to stop just going through the daily motions because you'll never reach your potential. You are unique and authentic, and there is a purpose to your life. But if you follow all the rules blindly and follow the pack of people around you without asking yourself whether it is the right thing for you to do, chances are you'll miss the opportunity to grow as a person. I see too many people feeling the need to just settle instead of making healthy changes.

As I work with clients, I've noticed something that separates those who succeed from those who don't. It is the ability to love, and value yourself, enough to guiltlessly make the time to take care of YOU.

NO MORE EXCUSES!

My challenge to you is to do these action steps every day.

1) Start your day with at least 10 minutes of "you" time. Instead of hitting the snooze button, set your alarm a bit early and spend some time reading an inspiring book, listening to a good podcast, or enjoying a cup of tea and breathing deeply. End this time with a daily affirmation such as, "Today will be a good day."

2) Change the way you react to things that happen. For example, don't get spun up when in traffic. Instead, work on your posture or blow bubbles out the window and watch people light up as they see them float by! We can't always control things that happen, but we can control how we react to them.

3) Live in the moment. Practice being 100 percent present in everything that you do. Block out the full workload for 10 minutes when a loved one calls, let go of outside stresses as you walk in the park, and focus on the one task at a time and give it your all.

4) Give to others and the environment. Giving is the best feeling in the world — even if it's just a simple compliment. Never pass up a chance to make someone feel appreciated or loved. It will fuel your happiness.

5) Spend a minimum of 30 minutes a day being active. Instead of wasting half your lunch break looking at emails or Facebook, get out and move. Skip the nighttime TV and go for a moonlit stroll. The increased blood flow will help energize you and boost your mood.

It's your turn to create a ripple effect. Go reach your potential. I promise you won't regret it. You're worth it!



Kim Lyons-Schlierkamp is an author, fitness expert, former trainer on NBC's *The Biggest Loser* and a three-time *Oxygen* cover model. She lives with her husband Gunter and 4-year-old son Jake in Hermosa Beach, California.

TOP PHOTO BY CORY SORESEN • BOTTOM PHOTOS BY NATALIE FAYE

“My goal is to help the world become a healthier place ... physically, mentally and emotionally.” — KIM LYONS-SCHLIERKAMP



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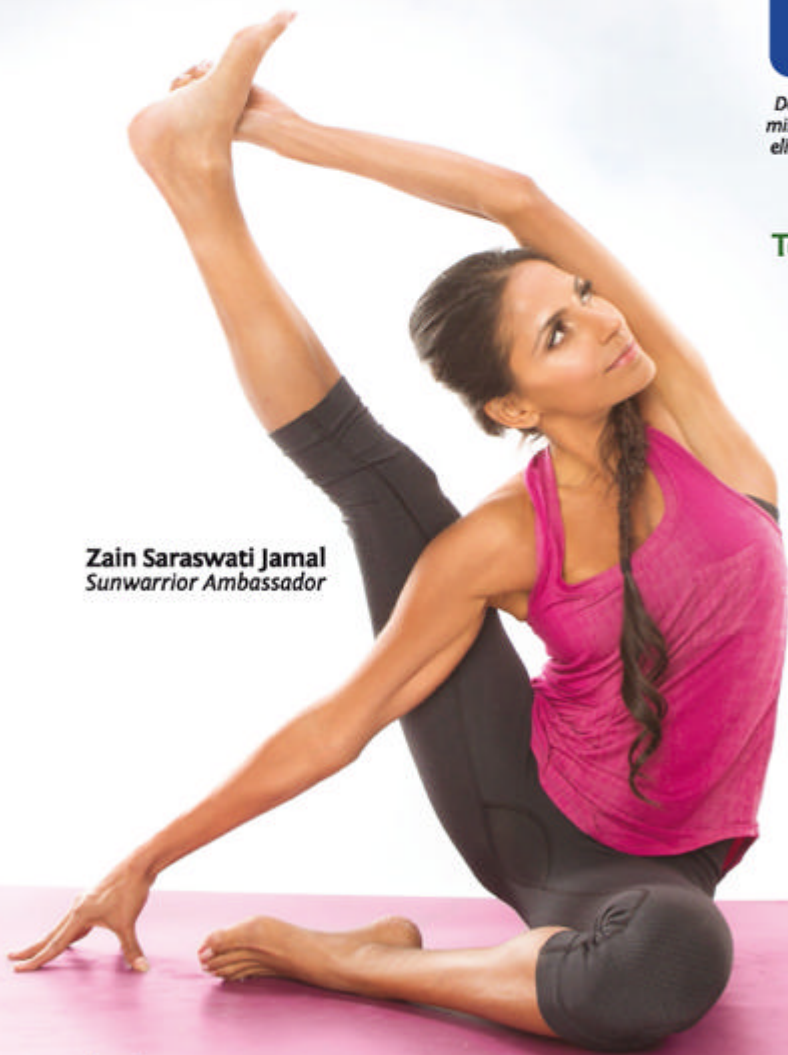


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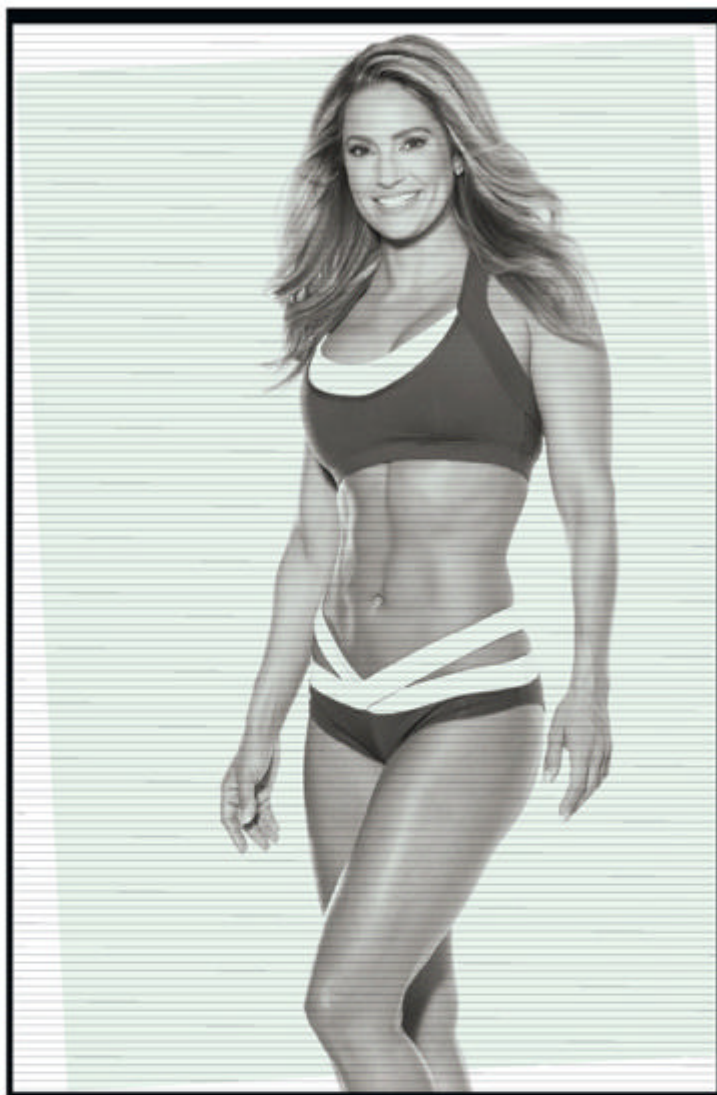
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The fun, fit foodie

Jennifer Nicole Lee inspires others with her busy, successful fitness lifestyle. **By Maura Weber**

➔ Fitness star Jennifer Nicole Lee, CEO of JNL Worldwide, is no newcomer to the wellness industry. “I know that fitness is a journey to be enjoyed, not a one-time event,” she says. “I have been in the fitness industry for over 10 years. I’m proud to be 39 years young, running my company and a mom of two very busy teenage sons. Eating clean is essential to keep my energy high and focused!”

Lee has seen her share of ups and downs. “I have been faced with many transitions in my life, including my divorce, which made me understand that life is full of different chapters,” she explains. “I had to adapt to my new challenges. These days, I’m proud to be a fun, fit, foodie! The meals I choose and prepare help to increase the quality of my health. I am excited to learn new methods of cooking that will help me cut out all unnecessary sodium, fat, calories, carbs and sugar. I believe it’s fun to cook fit.”

JNL’S FUN, FIT FOODIE RANCHERO BREAKFAST BOWL

Instead of high-starch white potatoes, I use brown rice in this recipe. Invest in a rice cooker so you can always have hot, fresh brown rice ready when you need it. When I’ve got a long morning commute, I put this in a Tupperware bowl and enjoy my breakfast “to go.”

INGREDIENTS:

5 egg whites
1 whole egg
¼ cup tri-color, pre-cut bell peppers
¼ cup rinsed and drained Progresso black beans
¼ cup drained and rinsed Progresso pinto beans
2 tablespoons Pace Salsa
1 cup cooked brown rice
sprinkling of chopped chives for topping
dollop of low-fat sour cream

DIRECTIONS:

Whisk eggs. Coat a medium-size skillet with cooking spray, and cook eggs over medium-high heat until cooked halfway through. Add beans and bell peppers to eggs. Scramble until well-cooked. Take off heat. Place your brown rice into a bowl, then top with the egg and bean mixture. Top with sour cream and chives.

“Breakfast is the most important meal of the day, as it kick-starts your metabolism and fuels your muscles all day! So aim to eat breakfast like a queen, lunch like a princess and dinner like a peasant!”

LEE SHARES HER 10 COMMANDMENTS OF THE FUN, FIT FOODIE:

- 1)** I will avoid processed foods whenever possible.
- 2)** I will choose organic or farm-fresh foods when they’re available.
- 3)** I will choose wild fish, free-range chicken and grass-fed, antibiotic-free beef whenever I can.
- 4)** I will steer clear of the salt shaker for seasoning and choose fresh herbs instead.
- 5)** I will back away from butter and lard, and cook with olive oil and coconut oil.
- 6)** I will free myself from deep-fried foods as much as I can and choose instead to saute or flash-fry in a heart-healthy oil.
- 7)** I will shun sugar and use organic honey in its place.
- 8)** I will include a range of different colored vegetables in each meal.
- 9)** I will enjoy the health benefits of tea.
- 10)** I will enjoy whole grains such as quinoa and brown rice in place of white breads and pastas.

* For more information on Lee’s books and other fitness products, visit jennifernicolelee.com.
* For information on Lee’s weight training and cardio circuit program, JNL Fusion, visit jnlfusion.com.
* Instagram: [@JNLWorldwide](https://www.instagram.com/JNLWorldwide)
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Vegan Diets Haven't Always Been Easy For Athletes

In the past, it wasn't always an easy choice to live a vegan lifestyle if you're goals were to be a serious athlete, let alone if you wanted to build muscle mass. It was hard enough to get abundant protein through diet alone, but almost all supplemental protein sources of the past haven't been vegan-friendly.

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- OXSANA GRISHINA

RAWFUSION's exclusive mix of pea protein isolate, sprouted brown rice, artichoke protein concentrate and an EFA-rich sunflower oil matrix has created a patent-pending formula that is ideal for vegans and a sensible choice for non-vegans as well. In fact, with over **4.5 grams** of glutamine per serving, **RAWFUSION's** amino acid profile rivals that of milk protein.

RAWFUSION is an unequalled vegan protein formula for anyone seeking an ultra-healthy lifestyle and unwilling to make sacrifices.*



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It's time to sweat!

By Tosca Reno



"You can't hope to show up at a gym daily with your breakfast sandwich in hand and come out three weeks later looking buff."

➔ At times, it's just plain difficult not to get my body to move. In fact, there are, for example, those moments when it is impossible to deny the urge to sprint headlong into the spray down a stormy beach. I've had runs like that on Cannon Beach in Portland, Oregon, along Scheveningen in Holland, the Gold Coast in Australia, the Pacific Ocean in Santa Monica, California, and, memorably, on the sand-sprayed beaches of the Atlantic in Miami during my very first photo shoot for Robert Kennedy. I've always been a racehorse. Give me a bit of a lead and an open space and I will fly. It's a feeling of exhilaration as if I've departed, momentarily, in a luxurious expanse of freedom.

TRAIN RIGHT TO FEEL FREE

When I train, whether I'm lifting weights or conditioning my heart and lungs, I dig deeply, pushing myself harder until I arrive at that place where it becomes impossible to do less. So much adrenaline courses through me, I can't stop if I try. Training isn't about hitting just the right number of reps or sets; it's about pushing hard enough to get to that place, that rarefied air where working out isn't pain, it's freedom.

I suspect I am an oddball here. Most people consider workouts to be a form of punishment. This is proven by various scenes played out in gyms, where I have witnessed oddities like a man reading his newspaper while sipping his morning latte and walking on the treadmill. Not long after that, I encountered a woman wearing what was to serve as her workout outfit — heels, jeans and a silk blouse. She arrived for a training session with me, a one-on-one workout gone awry when her next words were, "I thought I would watch." I laughed and told her to get changed, but she had no workout clothing with her. I dug into my closet and changed her mind pronto about how a workout ought to be done. Lately, a video of a man eating a huge hamburger while resting against the handles of a treadmill and walking has gone viral.

PHOTO BY PETER LUEDERS • HAIR AND MAKEUP: NANCY JAMBAZIAN • STYLIST: JULIA PERRY • DARK RED TANK BY ROGIANI, AVAILABLE AT ROGIANI.COM • BLACK SHORTS BY NIKE

WORKING OUT MEANS WORK!

Something I know for sure is that such attitudes toward working out don't deliver because in no way are these people committed to the work that goes into creating and maintaining a lean physique. Kermit the Frog was once quoted as saying, "It's not that easy being green." We humans might translate that into, "It ain't easy being lean." It does take work. You will have to shift from park to drive. You will have to sweat. You will have to shift your ass into gear. You will have to work through discomfort. You will have to focus on the exercise or work of creating a lean physique. You can't hope to show up at a gym daily with your breakfast sandwich in hand and come out three weeks later looking buff.

Often, the difference between a tightly honed physique and not is the level of commitment of the owner. To avoid those pitfalls, try the strategies that continue to serve me well, 15 years after making my change from obesity to leanness.

TOP TIPS TO YOUR FITNESS COMMITMENT

- » Put your mind into the muscle.
- » Use physical cues.
- » Make a date with the calendar and don't break it.
- » Use music.
- » Train with goals in mind.
- » Commit to yourself. You are the best reason for making change and caring for yourself.
- » Make a Fitness Commitment Document to yourself as follows:

My goal is to work out _____ number of times per week.

I will do _____ to become fit.

I will give up _____ food to become healthy.

I am committing because _____.

Signed, _____ ME!

Remember,
I am always listening.

Tosca Reno

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Tosca Reno

Winning combo

This fat-melting whey protein recipe combines the metabolism-boosting power of green tea and the fresh flavor of lychee. **By Shoshana Pritzker, RD, CDN**



LYCHEE, COCONUT & GREEN-TEA SMOOTHIE

Makes 1 serving

- 9 fresh or canned lychees
- 1 scoop plain or vanilla whey protein powder
- ¼ cup light coconut milk
- ¼ cup heavily steeped green tea, chilled
- ¼ teaspoon vanilla extract
- natural sweetener of choice (optional)
- ½ cup ice

Steep 1 bag of green tea in ¼ cup of hot water until dark. Remove bag from water and allow tea to cool in the fridge or freezer. Peel and de-seed the lychees, or if using canned, rinse and drain the lychees. Place all ingredients in a blender and mix until smooth. Enjoy.

Nutrition facts (per serving):

calories 231, total fat 6 g, saturated fat 4 g, trans fat 0 g, protein 26 g, sodium 55 mg, carbs 22 g, fiber 2 g, sugar 18 g

➤ **No whey!** Think you're getting too much protein? Unlikely. A study recently published in the *Journal of the International Society of Sports Nutrition* found that consuming a diet containing five and half times the Recommended Daily Allowance of protein has no effect on bodyweight, fat mass or body fat percentage. That means eating a lot of protein won't make you fat but lack of exercise and a poor diet will.

➤ **Sweet lychee:** This prickly tropical fruit is packed with sweetness and loaded with nutrients. Blending up a shake with lychee is a great way to get your fill of vitamins B and C and potassium.

➤ **Cuckoo for coconuts:** Coconut milk gives a creamy flavor to smoothies and provides plenty of hydrating potassium as well as medium-chain fatty acids that can help boost metabolism and increase feelings of satiety. It's also lactose-free.

➤ **Go green:** Green tea contains more health-boosting, fat-fighting catechins than any other tea around, making it a nutritional superstar for smoothies.





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No muffin top!

At just 158 calories a pop, these chocolate treats deliver nutrients galore without the guilt. **By Allison Young**



It looks like a cupcake and tastes like a brownie (no joke), but these chocolate treats have less sugar than half an apple. How? They're sweetened with maple syrup, a potent antioxidant that may fight cancer and diabetes. (A University of Rhode Island study found 54 beneficial compounds in the sweet stuff.) This recipe uses almond flour instead of the nutritionally void white stuff, meaning extra potassium, iron and calcium, not to mention two times more protein and three times more fiber. These treats are also an excellent source of heart-healthy vitamin E and PMS-fighting magnesium. Studies have found that magnesium can improve premenstrual mood changes and beat time-of-the-month bloat, so these muffins make a great snack when a chocolate craving hits.

CHOCOLATE MUFFINS

Ready in 20 minutes
Makes 12 muffins

Dry ingredients:

1 cup almond meal
¼ cup wheat germ
¼ cup unsweetened cocoa powder
1½ teaspoon baking powder
1 teaspoon baking soda

Wet ingredients:

2 eggs
¼ cup natural peanut butter, chunky or smooth (unsalted)
2 tablespoons safflower or grapeseed oil
¾ cup 0% plain Greek yogurt
½ cup maple syrup
1 teaspoon vanilla

1. Heat the oven to 350 degrees. Fill 12 muffin cups with liners.
2. Combine all the dry ingredients in a large bowl.
3. In a medium bowl, whisk together all the wet ingredients. Add the wet ingredients to the dry ingredients and stir together.
4. Spoon the batter into the prepared muffin cups and bake 12 to 14 minutes, until a toothpick inserted in the center comes out clean. Cool before serving.

Nutrition facts (per muffin):

calories 158, total fat 10 g, saturated fat 1 g, carbs 10 g, fiber 2 g, sugar 5.5 g, protein 6.5 g

Pair your muffin with a glass of nonfat milk for 8 extra grams of protein.

Super ingredient:

Wheat germ is a nutritional powerhouse with 3 grams of protein in just 2 tablespoons.

Muscle up: For more muscle-building protein, add a scoop of your favorite protein powder to the batter.

Feel full: Almonds and peanuts are linked to increased satiety.

Skip the Skippy: Look for peanut butter with one ingredient — peanuts — and skip the added sugar and hydrogenated vegetable oils in traditional PB.

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Clean culinary tools

With these tried-and-true kitchen gadgets, eating healthier at home just got a whole lot easier! **By Myatt Murphy, CSCS**



H2O amazing
Waterlogic's Hybrid Home Water Purifier sits on your counter (no installation required) and uses ultraviolet light to dispense aqua that's 99.99 percent germ-free! Best yet: It's a mini version of what health-conscious companies like Nike and Apple use. **\$300, bedbathandbeyond.com**



Daybreak buddy
Tupperware's Microwave Breakfast Maker helps you cook everything from omelets to oatmeal in minutes. Our favorite feature on this classic tool: Its large, ribbed tabs make it easy to grab after it's done — so bye-bye burned fingers! **\$20, tupperware.com**



The go-to grill
George Foreman's new Evolve Grill System not only melts fat from meat, but the classic appliance also lets you adjust its temperature and switch its sloped angle to flat (so you can bake or cook in it). Plus, its ceramic grill plates pop out, making cleaning a breeze. **\$100, target.com**



Top chopper
Preparing healthy salads and tasty treats is a snap with Black & Decker's Lean Green Prep Machine. Four different blade options slice, grate and shred food with precision, but we really loved the attachment that blends fruit into a frozen dessert in minutes. **\$50, walmart.com**

For more on ways to make the kitchen your fat-blasting headquarters, flip to page 62!



Renaissance pan
The T-fal Naturelle with CeramicControl is a pan that not only looks chic, but its ultra-tough enamel surface is also 20 percent more scratch resistant and sports a spot in the center that turns red when the pan is preheated. **\$20-\$30, T-falusa.com**

Brainy blender
The latest Nutri Ninja with Auto-iQ makes mixing effortless, thanks to a series of one-touch built-in programs. Just attach a cup and the blender knows exactly when to speed up and slow down to create the perfect nutritious sauce, soup or shake every time. **\$150, ninjakitchen.com**



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"My girlfriend asked me if I had breast implants. I told her no... I was using [ABT]" — PW

After almost forty years in a "training bra," I have filled a B-cup in only 6 weeks... — LL

I had to cut back on the amount of [ABT] I was using because I got tired of buying larger bras. — MR

My girlfriend asked me if I had breast implants. I told her no, that I was using [ABT]. My breast are plumping up and coming out of my bras at the top. — PW

My PMS breast pain and swelling was so bad that I could not stand to touch my breasts and even the shower hurt. Now after using [ABT] I have no pain. — EA

[I] have had a patient on [ABT] with amazing results! She is 40 with three children and a 120 lb weight gain from the last child. After losing that weight, she had drooping ... [with] her breasts. [After 3-4 months of ABT] she has increased firmness [and] size... I AM AMAZED! - JS, Clinical Pharmacologist

I suffered from post child/weightloss boobs ... I am ordering round 2 of treatment and am completely satisfied as is my husband. It is nice to have firm/lifted breasts.... a great alternative to surgical breast enhancement! — SD, Personal Trainer

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A close-up, low-angle shot of a person's hand gripping a black rope handle attached to a cable machine. The hand is positioned on the right side of the frame, pulling the rope upwards. The background shows the wooden slats of a gym's ceiling and a concrete wall. In the bottom left corner, a portion of a black exercise machine is visible, with a digital display showing "SELECTION MED".

TRIM IT OUT!

FIGURE OLYMPIA
RUNNER-UP CANDICE
KEENE GEARS UP FOR
THE ARNOLD AND
SHARES HER SECRET
TO TERRIFIC TRICEPS.

BY LARA MCGLASHAN, CPT, FITNESS EDITOR



PHOTOGRAPHY BY ROBERT REIFF

N

o one is hungrier for a title than the perpetual runner-up — but this is not the case for Candice Keene. Since turning pro in 2008 (after only competing in one show!), Keene has placed top five in 25 of her 29 shows thus far, and she has flat out won 11 of them. Therefore, the downtrodden bridesmaid-ever-after cliché does not suit her at all. Still, this does not make Keene any less keen to dethrone the reigning queen of Figure, Nicole Wilkins, and she is setting fire to the gym in preparation for the 2015 season, beginning with a probable three-peat victory at the Arnold Figure International in March. She hopes to follow that up with another three-fer at the Australia Pro, then of course, the Big O.

For any other competitor, this would sound like a lofty roster, but it's conceivably achievable for Keene, who exercises her mental muscle as much as her physical. "For me, it's as much about the journey as the destination," says the Orlando, Florida, resident. "You are going to have your bad days and bad weeks, and days when you just don't want to go to the gym. But you just keep pushing and keep your goal in mind. Be your own motivation and always appreciate every part of the journey — good and bad — because at the end of the day, that is what makes you stronger, inside and out."

TAKE ON MORE IRON

Keene decided to make her triceps stronger — inside and out — after being criticized for their underdevelopment after her first pro show in 2009. She buckled down, strapped on some heavy weight and went for it. After several months of intense training, they responded and are now one of her more outstanding parts.

She trains triceps once a week, either pairing them with biceps or with back, depending on how she feels. "I still like to lift pretty heavy weight for triceps, especially with moves like lying triceps extensions or with the dip machine, which I do sometimes in place of bench dips," she says. "With other moves like kickbacks or one-arm extensions, I use a lighter weight and focus instead on the squeeze."

Offseason, Keene incorporates one superset or drop set per workout, increasing that to two or more per workout come contest time. She also likes to do giant sets during contest prep to amp up the intensity without having to bump up the weight.

Give her workout a "tri" for yourself — in a few months, you might be able to play horseshoes with the big girls, too.

TRICEPS ROUTINE

EXERCISE	SETS	REPS
Bench Dip	3-4	10-12
Rope Pressdown	3	10
superset with		8
Overhead Cable Triceps Extension	3	8-10
EZ-Bar Lying Triceps Extension	3-4	10
One-Arm Overhead Dumbbell	3	
Triceps Extension		10-12
or	3	
One-Arm Dumbbell Kickback		

BENCH DIP

Setup: Sit on the edge of a flat bench and place your hands on either side of your hips, fingers forward. Extend your legs in front of you and either place your feet parallel or stack them up (as shown) to add an element of balance. Press into your hands and lift yourself up and forward so your glutes are in front of the bench and your weight is balanced between your hands and your heels.

Move: Bend your elbows and lower your glutes toward the floor, keeping your back straight and close to the edge of the bench. When your elbows make 90-degree angles, reverse the move and extend your arms completely to come to the top.



Tip: Keep your shoulders down and back and lift your chest to maintain good form.



ROPE PRESSDOWN

Setup: Attach a rope to the high pulley on the cable machine and grip an end in each hand. Draw your elbows in to your sides and take a step away from the machine to create tension.

Move: Press the ends of the rope down while keeping your elbows in tight to your sides. As you come to full extension, pull the heads of the rope away from each other and squeeze hard at the peak contraction. Slowly return to the start, resisting the pull of the stack on the return.

Tip: Think of doing a one-two count when repping this out, taking one second to press down explosively and squeeze, then two seconds to return slowly to the start.

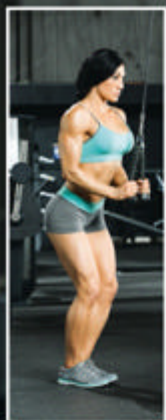


OVERHEAD CABLE TRICEPS EXTENSION

Setup: Attach a rope to the high pulley on the cable machine and grasp an end in each hand. Turn away from the machine and take a step forward with one foot for balance. Lean forward with a straight back, abs tight, and draw your elbows down beside your ears.

Move: Extend your arms, moving only from your elbows, to press the ends of the rope away from you, pulling them apart at peak contraction for an additional squeeze. Return slowly to the start and repeat right away.

Tip: Keep your abs tight and your upper arms steady throughout this move to prevent using momentum.



JUST THE FACTS

Birth Date: March 1, 1982

Birthplace: Dallas

Current Residence: Orlando, Florida

Weight: contest, 132; offseason, 148

Height: 5'5"

Contest History: 2014 Arnold Figure International, 1st; Australia Figure Pro, 1st; 2014 Figure Olympia, 2nd

Sponsor: AllMax Nutrition

Twitter: @candicekeene

Instagram: @poselikeafigurepro

Facebook: ifbbfigurecandicekeene and PoseLikeAFigurePro



Tip: If you're going heavy or are new to this exercise, enlist a spotter.

EZ-BAR LYING TRICEPS EXTENSION

Setup: Lie on a flat bench with your back arching naturally and hold an EZ bar in the center, arms held straight up over your shoulders.

Move: Bend your elbows and slowly lower the bar toward your forehead, keeping your upper arms steady. When the bar nearly touches your head, reverse the move and extend your arms to raise it back up to the start.

Tip: For additional stability, keep your feet on the floor.



ONE-ARM OVERHEAD DUMBBELL TRICEPS EXTENSION

Setup: Sit on a bench and hold a single dumbbell in one hand, arm extended straight up over your shoulder, palm facing forward.

Move: Bend your elbow and slowly lower the weight behind your head as far as you can. Then squeeze your triceps and pull the weight back to the start. Do all reps on one side before switching.

Tip: You also can do this move standing to add an element of balance and engage more core muscles.



ONE-ARM DUMBBELL KICKBACK

Setup: Take a split stance and hold a single dumbbell in your hand. Lift your elbow alongside your rib cage and hold it there, palm facing inward. Place your opposite hand on your thigh, lean forward and flatten your back.

Move: Press the dumbbell in a smooth arc toward the ceiling, moving only from your elbow. When your arm is straight and parallel to the floor, squeeze hard before slowly lowering to the start.

Tip: Keep your elbow lifted and in place throughout your set to best target the triceps. ●



WEEKLY WORKOUT SPLIT


DAY

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

PARTS TRAINED

Shoulders, chest, abs
Quads, glutes
Biceps, triceps, abs
Hamstrings, glutes
Back, abs
Plyos, circuit training or off
Off

Offseason, Candice Keene does three to four days a week of high-intensity cardio for 20 to 30 minutes. Contest time, she slowly ramps up from 30 minutes steady-state cardio four days a week to 45 minutes twice a day five to six days per week.



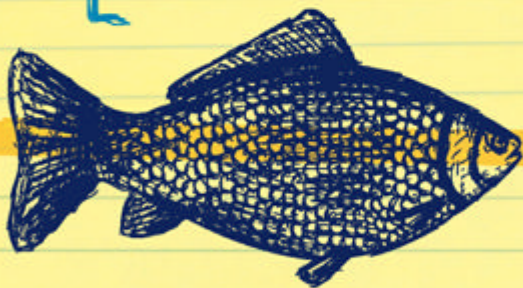
PROTEIN + HEALTHY CARBS + FIBER



FORMULA FOR FAT LOSS



IF YOU WANT TO BUILD MUSCLE AND LOSE FAT (HELLO EVERYONE!), YOU NEED THE RIGHT FORMULA. POSTWORKOUT, YOU CAN'T DO BETTER THAN DIP INTO THESE HEALTHY FAT-BUSTING RECIPES.



You already know the best path to fat loss is to combine healthful eating with the right style, amount and intensity of training. In order to lose fat, you need to create a slight — not major — deficit in calories, yet you need to get enough energy to fuel your active and busy lifestyle. It sounds complicated, but this no-fail formula for fat loss will set you in the right direction by helping you get the nutrients you need while feeling satisfied with your meals.

● PROTEIN

Amino acids in proteins are the building blocks for every body tissue, including your muscles. Getting a balanced amount of protein throughout the day, as opposed to at just one meal, is the best way to gain the full benefit from this nutrient.

● HEALTHY CARBS

Carbohydrates are your only source of glucose, an essential sugar you need to fuel every body function, from sleeping and thinking to running and training. Healthy carbohydrate foods are ones that contain important nutrients, vitamins and minerals without added sugars.

● FIBER

Foods provide several types of fibers that each benefit you in a different way, from weight control and helping you feel full to lowering cholesterol and improved digestion. The amount of fiber in each of these recipes is just the right amount to reap the benefits without feeling bloated.



BY JESSIE R. SHAFER, RD

PHOTOGRAPHY BY
CORY SORENSEN



Protein: Ground turkey is an excellent source of protein. These burgers also get a protein boost from the whole-wheat English muffins and cheese to combine for 24 lean, bodybuilding grams.

\$2.68
per serving

Fiber: Not just a source of healthful fats, avocados are also an excellent source of fiber — one avocado contains 14 grams. A recent study from Loma Linda University in California suggests that eating avocado with meals increases satiety by 26 percent.

Healthy Carbs: Toast a whole-wheat English muffin to add B vitamins, triple the protein and quadruple the fiber that the typical white burger bun would provide.

PROTEIN: GROUND TURKEY • HEALTHY CARBS: ENGLISH MUFFIN • FIBER: AVOCADO

MAKES 4 SERVINGS

(1 English muffin, 1 burger and about 2 tablespoons avocado mash each)

Ingredients:

- 1 cup sliced mushrooms
- 1 cup diced red onion, divided
- ½ cup plus 1 tablespoon fresh cilantro leaves (loose packed), divided
- 2 cloves garlic
- 1 pound 93% lean ground turkey
- ¾ teaspoon salt, divided
- ¼ teaspoon black pepper
- 1 small avocado, peeled and pitted
- 4 whole-wheat English muffins, split
- 4 slices ultra-thin Colby-Jack or Swiss cheese

Directions:

1. In a mini food processor, combine mushrooms, ¾ cup onion, ½ cup cilantro and garlic; process until finely chopped and transfer to a bowl. Add ground turkey, ½ teaspoon salt and black pepper; mix by hand until combined. Using your

hands, shape mixture into 4 burger patties. (Tip: Wet your hands with water to prevent mixture from sticking.) Patties can be made up to one day ahead and refrigerated.

2. Grill burger patties on an outdoor grill or grill pan, turning once or twice, until patties reach an internal temperature of 165 degrees.

3. Meanwhile, in a small bowl, mash the avocado, remaining ¼ cup red onion, remaining 1 tablespoon minced cilantro, lime juice and remaining ¼ teaspoon salt with the back of a fork until combined; set aside.

4. Toast each English muffin and top 4 halves with 1 slice thin cheese. Top cheese slices with burger patties. Spread about 2 tablespoons of the avocado mixture over each burger. Top with remaining toasted English muffin halves.

Nutrition facts (per serving): calories 399, total fat 18 g, saturated fat 5 g, trans fat 0 g, sodium 831 mg, carbs 35 g, fiber 8 g, sugar 8 g, protein 24 g

THE BEST TURKEY BURGERS WITH AVOCADO MASH

PECAN-CRUSTED FISH WITH ORANGE SWEET-POTATO MASH

Fiber: The papery skins and meat of nuts such as pecans pack a healthy dose of fiber. Here, crushed pecans and whole-wheat breadcrumbs combine to make a tasty coating on the fish and contribute more than 10 grams of fiber to the dish.

Healthy Carbs: Turn to sweet potatoes to up your quota of orange vegetables. They're an excellent source of vitamins A and C, as well as manganese, potassium and fiber.

Protein: Easy-to-cook white fish fillets are inexpensive, very lean and high in protein. Use a clean-tasting fish, such as cod or tilapia, which will let the flavor of the coating shine.

PROTEIN: WHITE FISH • HEALTHY CARBS: SWEET POTATOES • FIBER: PECANS

\$3.40
per serving

MAKES 4 SERVINGS

(1 fish fillet and about ¾ cup mashed sweet potatoes each)

Ingredients:

- 1¼ pounds sweet potatoes, peeled and diced
- 1 cup pecan halves
- ¼ cup whole-wheat breadcrumbs
- zest and juice of ½ navel orange, divided
- 1 egg
- 1 tablespoon water
- 4 white fish fillets, such as cod, tilapia or orange roughy (5 to 6 ounces each)
- 1 tablespoon olive oil
- ½ teaspoon salt

Directions:

1. In a medium pot or saucepan, bring 4 cups water to a boil. When water is boiling, add sweet potatoes; cover and cook until tender, about 10 minutes.
2. Meanwhile, in a mini food processor, combine pecans, breadcrumbs and 1 teaspoon orange zest; pulse until finely chopped. Spread mixture out on a large plate.
3. In a shallow bowl, whisk egg with water. Dip each fish fillet into the egg mixture, letting excess drip back into the bowl. Place each fish fillet in the pecan mixture and turn to coat tops and sides, lightly pressing coating into fish. Set aside on a plate.
4. Heat olive oil in a large nonstick skillet over medium-high. Cook fish fillets until

the coating is browned on one side; very gently turn fish over to cook the other side.

5. When sweet potatoes are tender, drain the water and return potatoes to pot. Mash potatoes to desired consistency. Add the juice of ½ an orange (about 2 tablespoons) and the salt and combine.
6. To serve, divide mashed sweet potatoes and cooked fish fillets among plates. If desired, sprinkle more chopped pecans over mashed potatoes and serve with wedges of the remaining ½ orange.

Nutrition facts (per serving): calories 358, total fat 18 g, saturated fat 2 g, trans fat 0 g, sodium 744 mg, carbs 21 g, fiber 5 g, sugar 6 g, protein 27 g

\$4.34
per serving

Protein: Cooking 1 pound of shrimp in a simmering broth is an easy way to up the protein in soups, stews and gumbos. Here, it contributes more than 90 grams of protein to the recipe.

Healthy Carbs: Take advantage of the variety of quick-cooking whole grains available to you, such as microwaveable pouches of brown rice. Try a brown rice medley to introduce more textures and flavors.

● **PROTEIN: SHRIMP**

● **HEALTHY CARBS: BROWN RICE** ● **FIBER: RED BEANS**

Fiber: Many people could stand to eat more healthful beans but struggle with ways to use them. Adding beans to soup or gumbo is an easy, delicious and excellent way to boost the fiber count.

Visit oxygenmag.com for a list of top fat-burning, hydrating foods.

EASY SHRIMP GUMBO

MAKES 4 SERVINGS

(about ¾ cup gumbo and ½ cup rice each)

Ingredients:

- 2 tablespoons olive oil
- 1 cup diced celery (about 3 stalks)
- 2 cups diced yellow onion (1 medium)
- 1 green bell pepper, diced
- 2 tablespoons tomato paste
- 2 tablespoons whole-wheat flour
- 2 cups low-sodium chicken broth
- ½ teaspoon Old Bay seasoning
- 1 8- to 9-ounce microwaveable pouch of brown rice or brown rice medley
- 1 15- to 16-ounce can reduced-sodium red kidney beans, drained and rinsed
- 1 pound medium shrimp, peeled and deveined, tails removed

Directions

1. Heat olive oil in a Dutch oven or medium pot over medium-high. Add celery, onion and green bell pepper; cook

until celery is starting to soften, 10 to 12 minutes. Add tomato paste and flour; heat and stir until coated. Stir in broth and Old Bay seasoning; bring to a boil, stirring often. Reduce heat, cover and simmer until celery is soft and liquid is thickened, about 25 minutes.

2. Meanwhile, heat rice according to directions on the pouch.

3. Add drained beans and shrimp to gumbo; heat and stir until shrimp turn opaque and are cooked through, about five minutes. Divide gumbo among 4 shallow bowls. Top each serving with ¼ hot cooked rice.

Nutrition facts (per serving):

calories 422, total fat 8 g, saturated fat 1.5 g, trans fat 0 g, sodium 443 mg, carbs 50 g, fiber 8 g, sugar 8 g, protein 32 g





Healthy Carbs: Crisp dark greens, such as romaine or kale leaves, are hydrating and a super source of vitamins A, C and K, as well as metabolism-revving potassium and calcium.



Protein: It's true — you can make tender shredded pork from lean pork tenderloin. The key is to cook it low and slow in a flavorful simmering broth. The pork and bean combo provide 95 percent of the protein in each serving.

\$2.83 ★
★ per serving



● PROTEIN: PORK TENDERLOIN ● HEALTHY CARBS: DARK GREENS AND PINEAPPLE ● FIBER: BLACK BEANS

Fiber: Adding more fiber to a dish is as easy as opening a can of beans. Seek out low-sodium versions to keep total sodium from skyrocketing. The beans alone add 5 grams of fiber per serving.

SHREDDED PORK AND BLACK BEAN SALAD



MAKES 4 SERVINGS

(1½ cups romaine, about 1 cup pork-bean mixture and 1 tablespoon dressing each)

Ingredients:

- 1 pound all-natural pork tenderloin
- 2 cups water
- ¼ cup rice or white wine vinegar
- 6 garlic cloves, halved
- 1 tablespoon minced fresh ginger
- 1 15-ounce can reduced-sodium black beans, drained and rinsed
- ½ cup diced jarred roasted red peppers
- 1 8-ounce can pineapple tidbits, drained
- 1 jalapeno, seeded and diced
- zest and juice of 1 lime
- ½ teaspoon salt
- ¼ cup light ranch dressing
- ¼ teaspoon Sriracha sauce
- 6 cups shredded romaine or kale

Directions:

1. In a Dutch oven or medium pot, bring water, vinegar, garlic and ginger to a simmer.
2. Meanwhile, trim fat from pork

tenderloin. Slice tenderloin lengthwise, then chop into 3-inch pieces. Add tenderloin to liquid in pot; cover and simmer until pork shreds easily with a fork, one hour.

3. Meanwhile, in medium bowl, toss together drained beans, roasted red pepper, pineapple, jalapeno, ½ teaspoon lime zest and 1 tablespoon lime juice; toss and set aside.

4. In a small bowl, whisk together ranch dressing, Sriracha sauce, 1 tablespoon lime juice and salt; set aside.

5. When pork is tender, remove pork pieces from liquid and place on a cutting board. Using two forks, shred pork into bite-size pieces. Add pork to bean mixture; toss to coat.

6. Divide shredded romaine among 4 plates. Top each serving with ¼ bean and pork mixture. Drizzle ranch dressing mixture over servings.

Nutrition facts (per serving): calories 281, total fat 5 g, saturated fat 1 g, trans fat 0 g, sodium 681 mg, carbs 29 g, fiber 8 g, sugar 9 g, protein 30 g

MOZZARELLA-STUFFED CHICKEN WITH RASPBERRY-LEMON SAUCE

Healthy Carbs: Pearled barley is a quick-cooking whole grain that provides essential folate and iron. The barley in this recipe also contributes a healthy dose of fiber and protein.

Protein: The chicken and cheese combine to provide 75 percent of the protein in each serving. Chicken also serves up more than half your daily requirement of DNA-repairing niacin and the minerals potassium and phosphorus.

Fiber: Raspberries are a tasty source of dietary fiber. One cup delivers 8 grams, the highest of all the berries. You get a double punch of raspberries in this recipe — in the sauce and in the salad.

PROTEIN: CHICKEN AND MOZZARELLA • HEALTHY CARBS: FARRO OR BARLEY • FIBER: RASPBERRIES

\$3.46 per serving

MAKES 4 SERVINGS

(1 chicken breast, ½ cup barley and about 3 tablespoons sauce each)

Ingredients:

- 1 cup farro or quick-cooking barley
- 1 teaspoon olive oil
- ¾ cup diced red onion (½ small red onion)
- 1 cup sliced mushrooms
- 4 boneless, skinless chicken breasts (6 to 7 ounces each)
- 4 part-skim mozzarella string-cheese sticks
- ¾ teaspoon salt, divided
- ¼ teaspoon black pepper
- 1 half-pint raspberries
- 2 tablespoons honey
- zest and juice of 1 lemon, divided

Directions:

1. In a medium saucepan, cook farro or barley according to package directions,

approximately 30 minutes for the farro or 10 minutes for the barley.

2. Meanwhile, in a large nonstick skillet, heat olive oil over medium heat. Add onion and mushrooms; sauté until mushrooms are soft, about six minutes.

3. Meanwhile, using a small sharp knife, cut a slit horizontally along one side of each chicken breast, making sure not to cut all the way through. Place one string-cheese stick inside each chicken breast and enclose with toothpicks. Season chicken on both sides with ¼ teaspoon salt and black pepper.

4. When the onion and mushrooms are cooked, remove them to a bowl and set aside. Spray the same skillet with nonstick spray and heat over medium-high. Cook the chicken until browned on one side, about eight minutes. Turn chicken over until cooked through.

5. Set aside ¼ cup raspberries. In a small pan, heat the remaining berries, honey and 1 tablespoon lemon juice over medium heat. Lightly crush the raspberries and cook until the sauce is slightly thickened.

6. When the farro or barley is tender, remove from heat and drain water, if necessary. Add cooked onion, mushrooms and reserved ¼ cup strawberries; toss to incorporate. Season with remaining ½ teaspoon salt, 1 teaspoon lemon zest and 1 tablespoon lemon juice; toss.

7. To serve, place ¼ farro or barley mixture on each of 4 plates. Add 1 cooked chicken breast to each plate. Divide the raspberry sauce among the chicken breasts.

Nutrition facts (per serving): calories 514, total fat 10 g, saturated fat 3.5 g, trans fat 0 g, sodium 661 mg, carbs 56 g, fiber 11 g, sugar 12 g, protein 50 g



MORE BANG, LESS BUZZ

If you are looking to get lean but don't enjoy the jitters, check out these nonstimulant fat-loss supplements.

BY JONATHAN MIKE PH.D.(C), CSCS, NSCA-CPT, USAW



If you're like most women, it's no secret you want to lose fat and build muscle. In addition to the proper training and nutrition information you get every month from *Oxygen*, you also may want to consider adding supplements to your regimen.

One of the ingredients common to many is caffeine or caffeine-like derivatives, and while effective for boosting metabolic rate and enhancing performance, it also can have an unpleasant effect on some women. The good news is, even if you hate caffeine, you can still give your diet a boost. Several nonstimulating ingredients can go a long way toward throwing your fat stores on the furnace.

One last word on fat-loss supplements: Proper training and nutrition are the pillars of your program. Only when these factors are in sync should you begin to investigate various dietary supplements and ingredients to further accelerate your fat-loss progress.



* **Forskolin**

Forskolin is produced by the Indian *Coleus* plant (*Coleus forskohlii*), and has been studied in research to alter cell metabolism. Although human studies are currently limited, it does point to positive outcomes. A study published in *Obesity* had 30 obese subjects supplement with a forskolin extract or placebo for 12 weeks. The forskolin groups experienced a reduction in body fat of 11.2 percent, while those taking a placebo achieved only a 4 percent improvement. Further, a study conducted from the University of Memphis had college-age women supplement with 500 milligrams a day of forskolin for 12 weeks. Although minor, those consuming it showed greater improvement in body mass, fat mass and fat-free mass compared to the placebo group. Based on the science, forskolin appears to be well-tolerated and has a favorable impact on weight loss and body fat.



* **Raspberry Ketone**

Raspberry ketone has gained more popularity thanks to various media sources and continued published science. Before a few years ago, initial fat-cell cultures and animal studies were the only outlets that provided the limited insight into this ingredient. The main mechanism of raspberry ketone and fat burning is by increasing various enzymes and adipokines associated with fat loss. A study published in 2013 in the *International Society of Sports Nutrition* was the first human study completed that as a part of a multi-ingredient product, raspberry ketone contributed to improvements in lean mass and fat mass, waist and hip ratio, and energy levels. Although the results are promising and there is currently a lack of human data for this ingredient, it certainly makes raspberry ketone an appealing strategy for fat loss.



*Coleus
forskohlii*



*Red-Hot Chili Peppers

If you love spicy food, specifically hot peppers, here's a tip: Add them to your next meal. In fact, add them to all your meals. Researchers out of Japan found that women expended more calories when they consumed meals that included red peppers, even high-fat meals. Aside from fresh red chili peppers, try red chili pepper spice. In a study that controlled total calorie intake as well as environmental factors that could influence caloric burning (i.e., additional training or exercise), adults were placed in a sealed room, intended to accurately measure calories burned, for 36 hours. Each participant received one of four different diets: Participants in Group One received an exact number of calories they needed to maintain their weight. Those in Group Two were provided a weight-maintenance diet plus 1.03 grams of McCormick red chili pepper with each meal. Participants in Group Three were given 25 percent fewer calories than what they needed for weight maintenance. Finally, the people in Group Four were given 25 percent fewer calories than they needed for weight maintenance plus 1.03 grams of McCormick red chili pepper, which contained 2.56 milligrams of capsaicin (active component of chili peppers) with every meal (for a total daily dose of 7.68 milligrams of capsaicin).

Here's what the researchers found: Those who consumed 25 percent fewer calories experienced a decrease in calories burned after eating as well as total calories burned over the course of the 36 hours. That's not surprising because we know that the body will adjust to a limited caloric intake by decreasing the amount of calories you burn over time. However, the group on the decreased-calorie diet plus red chili pepper didn't experience a drop in calories burned. Those participants expended just as many calories as the non-dieting groups. Plus, the addition of red chili pepper to the reduced-calorie diet increased the use of fat as a source of energy. So red chili pepper not only nullified the metabolic drop-off that usually occurs when dieting but also helped the body burn more fat.

*Green Tea

Some studies have systematically explored the effects between green-tea extract and substrate metabolism during training. A 2008 study published in the *American Journal of Clinical Nutrition* investigated the effects of acute green-tea-extract ingestion (day before and right before exercise with 366 milligrams a day) on substrate metabolism during moderate-intensity exercise in humans. It turns out that fat oxidation rates, during a 30-minute bout of cycling, were significantly higher following green-tea-extract ingestion versus a placebo. In a similar study from the *Journal of Health Sciences*, subjects consumed 218 milligrams a day during a three-month exercise training period and enjoyed a 24 percent increase in fat oxidation rates during exercise than those who took a placebo. (No effect was seen in a lower dose of 70 milligrams a day over three weeks.) These findings suggest that higher doses of green-tea extract may have a favorable effect to enhancing fat oxidation during exercise.

4



5

*Conjugated Linoleic Acid

Conjugated linoleic acid, better known as CLA, is a naturally occurring assortment of fatty acids that are highly prevalent in a variety of foods, including meats from ruminant animals (specifically grass-fed animals), high-quality butter, cheeses and white mushrooms. It has gained a lot of attention in recent years because of its potential for initiating fat loss. A study published in the *British Journal of Nutrition* in March 2007 found that people who took 3.4 grams of CLA for six months lost more body fat than those who took a placebo. Women and extremely overweight subjects lost more body fat than men or those who were a healthy weight. Another study in the *Journal of Internal Medicine Research* said that CLA reduced body fat in healthy exercising humans of normal bodyweight. Among the research reported was a study published in *The Journal of Nutrition*, which found that CLA reduced body fat and preserved muscle tissue in overweight or obese people who did not change their diet. According to the scientists, individuals in the CLA group lost 6 more pounds of body fat, on average, compared to those in the placebo group. However, not all studies show fat-loss benefits from taking CLA. For example, a study published in the *European Journal of Clinical Nutrition* in 2003 found that although CLA supplementation helped increase feelings of fullness, it didn't result in participants eating less or losing any weight. While clinical fat-loss studies with CLA have seen some mixed results, the health benefits of this supplement (fights cancer and heart disease, improves insulin sensitivity) make it worth exploring. ●



Every gal worth her weight in iron knows that squats are where it's at when it comes to leg development. But making this brass-tacks basic into a unilateral move can challenge you in new ways, encouraging change. Check out these three squatting variations — their benefits and functions — and rotate them into your roster regularly to improve the look of your lower half.

booty booster!

EXERCISE	SETS	REPS
split squat	2-3	8-12
bulgarian split squat	2-3	8-12
lateral squat	2-3	10 each side



MODEL: LAIA UMANSKY • HAIR AND MAKEUP: NANCY JAMBAZIAN • FITNESS CLOTHING: ELISABETTA ROGANI

stronger + faster + better

These alternatives to traditional squats could be the lower-body boost you've been looking for!

BY JOE WUEBBEN • PHOTOGRAPHY BY CORY SORENSEN



split squat

Split squats look like a funky lunge, with one foot forward and one foot back, but your stance is narrower and your weight is placed more on your front leg. Split squats are a must-do for any program because they build the strength of each leg individually, correcting imbalances, improving sports performance and preventing injury.

- Stand upright with your feet staggered and a barbell balanced on your shoulders; your front foot should be flat on the floor with your rear heel lifted.
- Bend both legs and drop your back knee straight down. Your front shin should be perpendicular to the floor.
- Keep your torso erect and your shoulders back throughout the move, and imagine moving straight up and down in a vertical plane like a piston.
- Both knees should form 90-degree angles as you lower to your deepest point. If one knee has a smaller or larger angle than this, adjust your feet forward or back so they are both in this range.
- When your front thigh is parallel to the floor, extend your legs and return to the start. Repeat for reps, then switch lead legs.



OPTION
To make it easier, hold the dumbbell at chest level.



Bulgarian split squat

This alternative to the split squat typically has your back foot elevated on a bench to place even more emphasis on the quad and glute of the front leg, helping to correct imbalances and stabilize joints. Option: Using a stability ball requires your leg and core muscles to work double time to maintain your balance as you do your set.

- Stand several feet in front of a bench and lift one leg behind you, placing the laces of your shoe on top of the bench with your knee bent. Most of your weight should be on your front leg, so keep that knee soft to protect your joints and help maintain balance.
- Bend your standing knee and slowly squat down, tracking your knee over your toes and keeping your torso upright; don't lean forward.
- When your front thigh is parallel to the floor, extend your leg to return to the start. Repeat for reps, then switch sides. ●



lateral squat

This variation incorporates an element of motion, which not only works the large muscles of the quads, hamstrings and glutes but also the inner and outer thigh and many smaller hip and ankle muscles that don't normally get worked with traditional squatting. Holding a weight overhead ups the ante by challenging your core, back and shoulder muscles, making this a real workhorse of an exercise.

- Stand with your feet together and hold a dumbbell straight up over your head. Keep your abs tight to protect your spine, and don't allow your back to sway.
- Take a step to the side so your legs are wider than hip-width apart, keeping your feet parallel.
- Kick your hips back, then bend both knees to squat straight down, tracking your knees over your toes. Take your squat as low as you can to target the glutes, bottoming out if your flexibility allows.
- As you lower down, mindfully keep the dumbbell straight up overhead; don't allow your arms to come forward. Beginners can hold the dumbbell at chest level with both hands as a modification.
- Drive through your heels to stand up, then push off your foot to return to the start. Do all reps on one side before switching, or alternate sides to add an element of cardio to the exercise.



tests that may save your **LIFE!**

MEDICAL SCREENING CAN GO A LONG WAY TO PREVENTING HEALTH PROBLEMS. PUT THESE ONES ON YOUR RADAR.

By Karen Asp

»»» You would never skip your daily green juice. Ditto for that sweat session and cup of coffee. Yet are you inadvertently hurting your health by skipping crucial health tests?

Granted, it's not always easy to figure out exactly which tests you need, given all the conflicting news about what you should and shouldn't do. Plus, with all that's on your plate, finding time to get to the doctor is enough of a challenge.

Still, though, keeping closer tabs on your health, no matter how healthy you feel, is crucial. The main reason? Prevention. "At this point, if tests do find anything, you still have a chance to nip things in the bud rather than waiting until you start feeling badly or have symptoms," says Danine Fruge, M.D., associate medical director at Pritikin Longevity Center in Miami.

Experts weigh in on five lifesaving tests you should put on your to-do list.



HPV

+ What it is: The HPV test detects whether you have a high-risk virus called human papillomavirus, the most common sexually transmitted infection that could lead to cervical cancer

+ Why you need it: Every year, more than 12,000 new cases of invasive cervical cancer are diagnosed, and roughly 4,000 women will die from this disease, according to the American Cancer Society. Note, though, that the HPV test is different from a Pap test. Both are used to screen for cervical cancer, but while the Pap test looks for cancer cells and other cells that might become cancerous, the HPV test detects the actual virus.

+ What the guidelines say: The ACS and American College of Obstetricians and Gynecologists recommend that women 30 and older get a Pap test and HPV test every five years. Or you might opt just to get a Pap test every three years from 30 to 65 years old. If your results are abnormal, you'll be advised to repeat the Pap test, possibly the HPV, again in six months or a year. Neither organization, however, recommends the HPV test for women younger than 30, instead advocating a Pap test every three years for this group.

+ What the docs say: These guidelines don't sit well with Fruge. "Younger women should have a right to know if they have this high-risk virus, which could help them adopt better lifestyle habits or get more frequent medical checks," she says. Her advice? No matter your age or how sexually active you are, get the HPV test at least once, paying for it yourself, if necessary. If you're in a monogamous relationship and have had two negative HPV tests, you don't need it every year. You also should work with your doctor to determine a Pap smear schedule based on your health history and lifestyle habits, knowing that your last Pap is only as good as your last partner, Fruge says.



BLOOD PRESSURE

+ What it is: This test measures blood pressure, giving you two numbers. The first is systolic, pressure in your arteries when your heart beats, while the second is diastolic, pressure in your arteries between beats. Normal is less than 120/80 mm HG (millimeters of mercury).

+ Why you need it: High blood pressure is a risk factor for heart disease, the leading cause of death among women. Every year, one in three women's deaths is from heart disease, according to Go Red for Women.

+ What the guidelines say: The American Heart Association recommends getting this test at 20 and repeating it when you visit the doctor or once every two years if it's normal.

+ What the docs say: Check more frequently, about four times a year, even if you've had normal readings. "High blood pressure is a silent killer and starts young, even as early as your 20s or 30s and in otherwise healthy adults," Fruge says. Damage to your arteries from high blood pressure can cause problems not only in your heart but also your brain, she adds. One option is to monitor it at home. Two of the best:

• **Omron 7 Series Wrist Blood Pressure Monitor #BP652 (\$56; omronhealthcare.com)**

• **iHealth Blood Pressure Dock (\$80; ihealthlabs.com)**

Sit quietly in place without texting or chatting for five minutes before getting a reading.



MAMMOGRAM

+ What it is: A mammogram is an X-ray of the breasts that detects and evaluates changes that could lead to breast cancer.

+ Why you need it: Although breast cancer incidents have been stable since 2004, it's still the most common cancer among women. In 2014, more than 230,000 new cases of invasive breast cancer were estimated to have been diagnosed, and 40,000 women will have lost their lives to this disease during that year, according to Susan G. Komen, a nonprofit dedicated to fighting breast cancer.

+ What the guidelines say: The ACOG recommends annual mammograms for women starting at age 40, earlier if women are at high risk of breast cancer, and every two years for women 50 and older. The U.S. Preventive Services Task Force, however, doesn't recommend mammography until women turn 50, unless earlier screenings are warranted; women should then be tested every two years.

+ What the docs say: Don't wait until 50. "A mammogram isn't flawless, but it's the best screening tool we have," says Nancy Simpkins, M.D., internist in Livingston, New Jersey, and medical consultant for the state of New Jersey. She advises getting a baseline mammography at 40 and then yearly starting at 45 if you have zero family history of breast cancer. If, though, you have a family history, start five years before the age your mother was diagnosed — if your mom was diagnosed at 30, your first mammogram would be at 25 — and then screen annually.



SKIN CHECK

+ What it is: A doctor exams your skin looking for suspicious growths, moles or lesions.

+ Why you need it: Rates of skin cancer have continued to increase. Although most cases are preventable, it's currently the most diagnosed cancer in the United States. Every year, 5 million people are treated for skin cancer with melanoma, a life-threatening cancer, being the most common in young adults, according to the Skin Cancer Foundation.

+ What the guidelines say: The SCF recommends examining your skin from head to toe every month and seeing a physician yearly for a skin check.

+ What the docs say: If you have no family history of skin cancer, get your first test between 20 and 25 and then every year. "[However], I know many women won't do that, so at least every two years is OK," says Elizabeth Tanzi, M.D., co-director of the Washington Institute of Dermatologic Laser Surgery in Washington, D.C. If you notice a mole or lesion that's changed size, shape or color, call your doctor, she adds. If, though, you have a family history or a large number of moles, go yearly.





3 TESTS TO KEEP ON YOUR RADAR

In addition to the five tests, three others might be worth your time:

1) Colonoscopy: You probably won't need to worry about this one until you're in your 40s, so if you're not there yet, bookmark it for the future. The test is designed to spot polyps and remove them before they turn into colon cancer. Get a baseline at 45, and if the colonoscopy is normal, every five years after that, Dr. Nancy Simpkins says. With a family history, however, get your first screening somewhere between 35 and 40.

2) Bone density scan: This one's a little controversial because the National Osteoporosis Foundation doesn't recommend getting your first one until you're 65, perhaps earlier if you have risk factors for osteoporosis. Yet Dr. Danine Fruge recommends starting whenever you begin experiencing hormonal changes. "That's the time we see the biggest loss in women," she says. Women who are otherwise healthy but have lost a good deal of body fat through excessive exercise and are having irregular periods might also consider getting a baseline.

3) Complete blood panel: A blood work-up can show you how well your body is functioning overall, measuring cholesterol; thyroid, kidney and liver function; and cardiac inflammation, Simpkins says. Yet go even further and make sure you're getting the more comprehensive NMR LipoProfile test for cholesterol (it's better than the old lipid profile, which measured total cholesterol, bad and good cholesterol, and triglycerides); a 25 (OH) vitamin D test (optimal is 40-80 ng/ml; anything lower could put you at risk for breast and bowel cancer, osteoporosis and heart disease); and a glucose-insulin challenge test, which could indicate whether you're at higher risk for diabetes or metabolic syndrome, both of which can start early, Dr. Christiane Northrup says.



3 TESTS YOU CAN SKIP

So are there some tests you may not need? Experts say yes. Here are three:

1) Weight: “Bodyweight doesn’t tell you much,” Dr. Christiane Northrup says. However, measuring abdominal circumference or finding your waist-hip ratio does. To measure your WHR, visit healthcalculators.org/calculators/waist_hip.asp.

2) Blood tests for vitamin levels: Although it may be beneficial to know your vitamin B12 and D levels, anything beyond that may be somewhat meaningless. “I’m not comfortable saying the results are actionable enough,” Dr. Danine Fruge says.

3) Hormone tests: “Hormones vary from day to day, and unless you’re really suffering, I’d rather see people get healthy habits down first and then spend their money on things like fruits and vegetables versus these tests,” Fruge says.



ABDOMINAL CIRCUMFERENCE MEASUREMENT

+ What it is: This test measures the width of your waistline to determine whether underlying abdominal fat is an issue.

+ Why you need it: Unlike the fat you might gain on your hips or thighs, abdominal fat, or visceral fat as it’s called, poses the most danger to your body. “Excess belly fat is a sign of metabolic syndrome, which leads to heart disease and diabetes,” says Christiane Northrup, M.D., board-certified OB-GYN in Portland, Maine, and author of *Goddesses Never Age* (Hay House, 2015).

+ What the guidelines say: Although numerous organizations advocate waistline measurement, there are no definitive guidelines about how often to do it.

+ What the docs say: If you’re trying to lose weight, measure yourself once a month. Otherwise, take a quarterly measurement, Fruge says. Fortunately, this is something you can do at home with a tape measure. Do it standing up under clothing, taking the tape measure across your bellybutton (so you can find the same spot every time). Your goal? No more than 34 inches — 32 inches if you have a petite bone structure, high cholesterol or blood pressure, or family history of diabetes. ●

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SHRED

IT!

YOUR BEST
BODY PLAN:

* MONTH 3

Our final new-you workout is ready to strip away those last stubborn pounds so you can show how easy it is to achieve a hard body in record time!



* BY MYATT MURPHY, CSCS

* PHOTOGRAPHY BY ROBERT REIFF



Getting yourself in enviable shape by spring takes easing yourself into an intense regimen the right way — and ditching excuses so you never fall off track of your goals. This monthlong plan incorporates both so you always have time to transform your body from average to astonishing.

With two months worth of training under your belt, you should be more than ready to shift your workouts into super overdrive for serious results. But to keep you from quitting from the intensity, we've designed a routine so complex (yet flexible) that your mind and muscles will never get bored as you build and nothing will get in your way from shredding and sculpting your body from head to toe.

YOUR MUSCLE-UP PLAN
Month three

To keep your muscles in a permanent state of confusion, you'll perform three different full-body routines each week, resting 48 hours between each workout. The three types of routines include the following:

A traditional straight-set workout allows you to lift as much weight as possible so you preserve — and potentially add — even more lean muscle.

A mix of supersets — two exercises performed back-to-back — are designed to target similar (or opposing) muscle groups so you recruit as many muscle fibers as possible.

A 14-move circuit races you through every exercise, designed to blast fat and boost your endurance.

Monday: Workout No. 1, pg 89

Perform each exercise using either a weight heavy enough to allow you to perform the recommended number of repetitions or exhaust out your muscles in the recommended amount of seconds. Perform each exercise in the order shown, resting 60 seconds in between each set, and do the required number of sets before moving on to the next exercise.

*** Ramp it up by ...** reducing the time between sets to 30 to 45 seconds, performing each rep at a three-second up/three-second down tempo, or perform an extra set of every exercise.

*** Dial it down by ...** increasing the time between sets to 90 seconds, and/or speed things up to a one-second up/one-second down tempo.

Wednesday: Workout No. 2, pg 89

Perform the first exercise of each superset for the reps/time shown, then immediately do the same for the second exercise (with no rest in between). Perform each superset in the order shown, resting 60 seconds in between each superset, and do the required number of supersets before moving on to the next set of moves.

*** Ramp it up by ...** reducing the time between supersets to 30 to 45 seconds, performing each rep at a three-second up/three-second down tempo, or perform each superset three times instead of twice.

*** Dial it down by ...** increasing the time between supersets to 90 seconds, and/or speed things up to a one-second up/one-second down tempo.

Friday: Workout No. 3, pg 89

Perform one set of each exercise (in order) for the reps/time shown (with no rest in between). After performing all seven exercises, rest for 60 seconds, then move on to the second seven-move circuit. Once finished with the entire 14-move super-circuit, rest for another 60 seconds, then repeat the entire routine once more.

*** Ramp it up by ...** adding five to 15 seconds onto each exercise, lowering the rest time between circuits to 30 to 45 seconds, or perform the entire 14-move super-circuit three times instead of twice.

*** Dial it down by ...** shaving five to 15 seconds off each exercise, resting for 90 seconds to two minutes between circuits, and/or only doing the super-circuit once instead of twice.

Cardio

Do some form of aerobic activity for 30 to 45 minutes three times a week (in between your weight-training workouts).

On Tuesday, do 20 to 30 minutes of cardio but up the intensity by alternating between working out at an all-out pace for 15 seconds, followed by exercising at a low-intensity pace for 45 seconds.

On Thursday and Saturday, stick with steady-state cardio that keeps your pulse within 60 to 70 percent of your maximum heart rate for 45 minutes.

THE WORKOUT: MONTH THREE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Full Body
Workout 1
(straight sets)

Cardio

-

Full Body
Workout 2
(supersets)

Cardio

-

Full Body
Workout 3
(circuits)

Cardio

-

Rest

-

KETTLEBELL SWING

Muscles targeted: back, glutes, legs, shoulders and core

Setup: Stand with your feet slightly wider than shoulder-width apart, holding a kettlebell with both hands with an overhead grip. Push your hips back and lean forward at the waist — your knees will bend slightly as you go. Your arms should hang straight down in front of you between your legs, palms facing back.

Move: Swing the weight back between your legs, then quickly push yourself back into a standing position as you squeeze your glutes and thrust your hips forward — the kettlebell should swing up and in front of you about chest height. Let gravity bring the kettlebell back down between your legs and repeat.

Ramp it up by ... quickly taking a small step forward with each foot just as the kettlebell reaches its highest point (about eye level), then bring your feet back in line before the kettlebell swings between your legs.

Dial it down by ... swinging the kettlebell only as high as your midsection.



Tip: Never let the kettlebell go any higher than your shoulders.



KETTLEBELL GET-UP

Muscles targeted: quadriceps, hamstrings, lower back, glutes and core

Setup: Lie on your back holding a kettlebell in your left hand and straighten your left arm so that the weight is directly above you, the kettlebell resting along your forearm. Extend your right arm by your side, palm flat on the floor. Bend your left leg and place your left foot flat on the floor — your right leg should stay straight.

Move: Keeping your left arm straight and the kettlebell above you, roll onto your right side to prop yourself up on your right elbow, then straighten your right arm until you're resting on your right hand. Push yourself up into a half kneel by threading your right leg behind your left leg, then stand up. Reverse the motion to return to the setup position, then repeat. After performing the required number of repetitions, perform the exercise again with your right arm.

Ramp it up by ... going as slow as possible.

Dial it down by ... stopping after you've pushed yourself into a seated position — instead of standing up.



Tip: Keep the foot of your bent leg pressed into the floor at all times.





Tip: Make sure you can wiggle your toes at the start. If you can, it means the weight is loaded more along the back of your body.

CLEAN AND PRESS

Muscles targeted: legs, shoulders, triceps, chest, back, core and glutes

Setup: Stand with your feet hip-width apart holding a pair of dumbbells with an overhand grip (palms facing in). With your arms straight and in front of you, push your hips back and bend your knees slightly so the dumbbells drop down to rest just above your knees.

Move: Swing the dumbbells upward toward your shoulders as you push your hips forward and straighten your legs. Once the weights reach above waist height, bend your knees to help "catch" the dumbbells in front of your shoulders, then stand up. Next, dip down a few inches by bending your knees, then quickly push the dumbbells up over your head. Reverse the motion to lower the dumbbells back down into the setup position and repeat.

Ramp it up by ... trying the exercise using a barbell or using one dumbbell at a time.

Dial it down by ... performing fewer presses. (Try doing one press per two to three cleans instead.)

BARBELL DEADLIFT

Muscles targeted: trapezius, lower back, hamstrings and glutes

Setup: Stand facing a barbell with the bar over your toes, feet hip-width apart. Bend your knees and grasp the bar with an alternating grip (one hand pronated and one hand supinated) and your hands shoulder-width apart.

Move: With your chest up and back flat, stand up (keeping the bar close to your body as you lift) until your legs are straight, knees unlocked. Pause, lower the bar back down to the floor and repeat.

Ramp it up by ... standing on a pair of weight plates to allow a greater range of motion.

Dial it down by ... using a pair of dumbbells instead.



Tip: Keep your arms straight and resist the urge to raise your shoulders or bend your elbows as you go.





Tip: Don't let your butt rise. If it does, you're using your legs to press the kettlebell up.

SOTS PRESS

Muscles targeted: quadriceps, hamstrings, glutes, upper back, shoulders, triceps and core

Setup: With your feet shoulder-width apart, stand holding a kettlebell in your right hand and bring it up to the front of your shoulders. (The kettlebell should rest in the crook of your elbow between your shoulder and wrist.) With your left arm hanging down by your side, push your hips back and sink down into a deep squat.

Move: Press the kettlebell overhead until your right arm is locked above your right shoulder, lower and repeat. Once you've performed the required number of repetitions, stand back up, switch hands, rack the kettlebell on your left shoulder and repeat.

Ramp it up by ... doing a full squat each time the kettlebell is pressed over your head.

Dial it down by ... trying the move from a quarter-squat position instead.

WALKING LUNGE

Muscles targeted: quadriceps, hamstrings, glutes and core

Setup: Stand straight with a dumbbell in each hand, arms hanging straight down from your sides, palms facing in.

Move: Take a big step forward with your left foot and lower your body until your left thigh is almost parallel to the floor. (Your right leg should be extended behind you with only the ball of your right foot on the floor.) Keeping your left foot planted, push off with your right foot and bring your right leg forward to take another big step. Alternate between stepping forward with your left and right foot throughout the set.

Ramp it up by ... resting the dumbbells on the front of your shoulders — or pressing them above your head — as you lunge.

Dial it down by ... doing the exercise without weights.

Tip: Don't bend your legs farther than 90 degrees — you'll place unnecessary strain on your knees instead of working your muscles.



LEG PRESS

Muscles targeted: quadriceps, hamstrings, glutes and calves

Setup: Sit in a leg-press machine with your back and butt flat against the pads and your feet hip-width apart on the platform above you. Push the platform up until your legs are straight (knees unlocked), then release the support bar.

Move: Bend your knees and lower the weight until your legs form a 90-degree angle. Your feet should stay flat the entire time. Press the weight back up until your legs are straight (knees unlocked) and repeat.

Ramp it up by ... pausing every few inches or trying the move one leg at a time.

Dial it down by ... only bringing the platform halfway down.

NO LEG PRESS IN YOUR GYM? Do a barbell squat for the same number of sets/ reps recommended.



Tip: Don't let your knee travel past your toes.



CHIN-UP

Muscles targeted: latissimus dorsi, rhomboids, lower trapezius, biceps and forearms

Setup: Grab the bar with a supinated grip (palms facing you), hands shoulder-width apart. Hang from the bar with your arms straight, elbows unlocked.

Move: Pull yourself up until your chin clears the bar. Lower yourself back down into the start position and repeat.

Ramp it up by ... having a partner place a dumbbell between your legs just above the knees — or wedged between your ankles — and hold it there.

Dial it down by ... putting a chair underneath the bar and using it to rest one to two seconds between reps.



Tip: Don't grip the bar too tightly — your hands will quit before your back muscles.



NO CHIN-UP BAR IN YOUR GYM? Use a lat pulldown machine, or perform one-arm dumbbell rows.



Tip: Don't lock your knees — keep them slightly bent throughout the move.



BARBELL BENT-OVER ROW

Muscles targeted: latissimus dorsi, middle trapezius and lower back

Setup: Stand behind a barbell with your feet shoulder-width apart. Bend at the waist and grab the bar with an overhand grip, hands slightly wider than shoulder width. Lift the barbell off the floor and position your torso so it's slightly above parallel to the floor, arms hanging straight below you.

Move: Keeping your back flat and legs slightly bent, quickly pull the bar up until it almost touches your midsection — right between your lower chest and your bellybutton. Slowly lower it back down until your arms are straight and repeat.

Ramp it up by ... pausing at the top for several seconds every rep before lowering the weight.

Dial it down by ... angling your torso at a 45-degree angle.





Tip: Don't arch your back — your torso should stay flat on the bench as you press.



BARBELL BENCH PRESS

Muscles targeted: chest, shoulders and triceps

Setup: Lie on a bench with your feet flat on the floor. Grab the bar with your hands slightly wider than shoulder-width apart. Lift the weight off the rack and position it above your chest, keeping your arms straight.

Move: Lower the bar down to your chest, then press the weight back up into the start position. Repeat.

Ramp it up by ... adding a pause at the halfway point whenever you lower and/or raise the barbell.

Dial it down by ... bringing the bar down a few inches from your chest instead of all the way down.

INCLINE BENCH PRESS

Muscles targeted: upper pectorals, plus shoulders and triceps

Setup: Lie back on an incline bench with your knees bent, feet flat on the floor. Reach up, grab the bar with your hands slightly wider than shoulder-width apart, and lift the weight up so that the bar is directly over your chest. Your arms should be straight, elbows unlocked.

Move: Keeping your back flat on the bench and feet on the floor, inhale as you slowly lower the bar down to the top of your chest. Once it almost touches, exhale as you quickly press the bar back above your chest (elbows unlocked) and repeat.

Ramp it up by ... pausing for a second at the bottom of each rep.

Dial it down by ... lowering the bench from a 45-degree angle to about 30 degrees — the angle will let you handle the same amount of weight a little easier.



Tip: Don't follow the bar down with your eyes — it can cause you to tilt your head forward and raise your head off the bench.



Tip: Keep your eyes facing down — staring at the dumbbell as you raise it could throw you off-balance.



RENEGADE ROW

Muscles targeted: latissimus dorsi, middle trapezius, core, chest, shoulders and triceps.

Setup: Hold a dumbbell in each hand and get into a push-up position, palms facing each other, hands directly below your shoulders; legs together.

Move: Balancing yourself with one arm, slowly lift the opposite arm and raise the dumbbell up to your side. Lower back to the floor, then repeat with the opposite arm. Alternate back and forth for the entire set.

Ramp it up by ... performing a push-up or burpee (or both!) after every two rows.

Dial it down by ... raising the dumbbell only halfway off the floor or starting the move on your knees.

Tip: Your arms should stay nearly straight throughout the exercise.



WOODCHOPPER

Muscles targeted: abdominals, shoulders and lower back
Setup: Stand with your feet shoulder-width apart. Hold a light dumbbell with a hand-over-hand grip, your arms extended above your left shoulder.
Move: Keeping your knees slightly bent and core engaged, quickly twist your torso to your right as you draw your arms across and down — the dumbbell should end up just outside your right knee. Quickly reverse the movement and repeat for the required amount of repetitions. Then switch sides — holding the dumbbell over your right shoulder and rotating to the left — and repeat.
Ramp it up by ... standing on one leg by bending your knee and raise your opposite foot behind you.
Dial it down by ... pausing at the bottom every few swings.

AROUND-THE-BODY PASS

Muscles targeted: back, shoulders and core
Setup: Hold a kettlebell with both hands in front of your torso and stand with your feet shoulder-width apart, arms hanging down.
Move: Contract your core muscles as you release the kettlebell into your left hand and move both arms behind your back. Grab the kettlebell with your right hand, bring it back to the front — completing a full circle around your body — and repeat. (Every few rotations, reverse the direction of the kettlebell from counterclockwise to clockwise.)
Ramp it up by ... moving your hips as little as possible and/or using a heavier kettlebell.
Dial it down by ... slowing down your pace and/or rest for a second every few rotations.



Tip: Keep your arms straight — bending your elbows too much will tire out your biceps.



Fitness expert **Myatt Murphy, CSCS**, is the author of *Push, Pull, Swing* and the *Ultimate Dumbbell Guide*.

WORKOUT NO. 1: STRAIGHT SETS

WEEKS 1 AND 3

Exercise

Barbell Deadlift	3	12/10/8	Rest Between Sets
Leg Press	3	12/10/8	60
Barbell Bench Press	3	12/10/8	60
Barbell Bent-Over Row	3	12/10/8	60
Hang Clean and Press	2	10-12	60
Woodchopper	2	30 seconds (each side)	60

WEEKS 2 AND 4

Exercise

Kettlebell Swing	3	Reps/Time	Rest Between Sets
Walking Lunge	3	30-60 seconds	60
Incline Bench Press	3	30-60 seconds	60
Chin-Up	3	12/10/8	60
Sots Press	3	as many as possible	60
Around-the-Body Pass	2	6-8 (each arm)	60
		30-45 seconds (each direction)	60

Before each workout, always warm up your muscles by either jogging or walking in place (or performing some form of light aerobic activity that gets your arms and legs moving) for at least five minutes.

WORKOUT NO. 2: SUPERSETS

Exercise	Sets	Reps/Time	Rest Between Sets
Kettlebell Swing	1	45 seconds	0
Barbell Bench Press	1	10-12	60
Perform superset twice.			
Chin-Up	1	as many as possible	0
Sots Press	1	8 (each side)	60
Perform superset twice.			
Walking Lunge	1	45 seconds	0
Hang Clean and Press	1	10-12	60
Perform superset twice.			
Renegade Row	1	10 (each arm)	0
Kettlebell Get-Up	1	4 (each arm)	60
Perform superset twice.			
Woodchopper	1	30 seconds (each side)	0
Around-the-Body Pass	1	30 seconds (each direction)	60
Perform superset twice.			

WORKOUT NO. 3: CIRCUITS

Exercise	Sets	Reps/Time	Rest Between Sets
Barbell Deadlift	1	45 seconds	0
Barbell Bench Press	1	45 seconds	0
Leg Press	1	45 seconds	0
Chin-Up	1	as many as possible	0
Hang Clean and Press	1	45 seconds	0
Renegade Row	1	45 seconds	0
Woodchopper	1	30 seconds (each side)	0

Rest for 60 seconds, then move to the next circuit.

Kettlebell Swing	1	45 seconds	0
Incline Bench Press	1	45 seconds	0
Walking Lunge	1	45 seconds	0
Barbell Bent-Over Row	1	45 seconds	0
Sots Press	1	30 seconds (each arm)	0
Kettlebell Get-Up	1	30 seconds (each arm)	0
Around-the-Body Pass	1	30 seconds (each direction)	0

Rest for 60 seconds, then repeat the entire 14-move super-circuit once more.

WHAT YOU'LL NEED:

- * Several pairs of different-size dumbbells
- * A kettlebell
- * A weight bench
- * An incline weight bench
- * An exercise mat
- * A barbell
- * A leg press machine (optional)
- * A chin-up bar (optional)



PUSH

YOUR

LIMITS



You may have forgotten about these three training techniques, but using them can amp up your intensity and accelerate your muscle-building, fat-burning results! BY KATY LOREN

You know of them, but you probably haven't thought about them in a while. At least, that's the feeling you get when reading over the roster of D-list competitors for Donald Trump's television hit (or train wreck, depending on your druthers) *The Celebrity Apprentice*. Surely, you'd have to Google most of the names among the 16 hopefuls to discover that Jamie Anderson is a snowboarder, Brandi Glanville is a "real housewife" (you have to wonder what an "unreal" housewife would look like), and Ian Ziering was perpetual high-school frat-boy Steve on *90210*.

Well, like the Donald, we also have some dusty old favorites in our fitness attic, but remembering them will do more than just pique your pop-culture curiosity. Indeed, these three "forgotten" training techniques — ascending/descending sets,

rest/pause and partial reps — will help push you farther than you might otherwise go on your own during a workout. Each technique works in the same way — by prompting a growth-hormone surge in response to the extended effort against a challenging resistance and a recovery response by forcing additional blood into your muscles (i.e., the "pump" you feel).

"These techniques provide a great amount of volume, give you variety in your program and are very time-efficient," says David Hooper, graduate research assistant at The Ohio State University. "Moderate loads of 60 to 80 percent of your one-rep maximum and a short rest period create a substantial volume, which is a great stimulus for hypertrophy." Incorporate these techniques into your own training, and say these infamous words to your exercise routines of the past: "You're fired!"

TECHNIQUE 1

ascending/ descending sets

aka "Running the Rack" or
"Running the Stack"

●●● The premise of this method is simple:

You're either moving up (ascending) or down (descending) in weight during one super-long set. Extending your sets like this increases the time under tension for your muscles, which in turn forces adaptation and change.

You can increase or decrease the weight as many times as you'd like during your set, depending on your masochistic leanings for the day. Let's use the machine chest press as an example of a moderately intense ascending set, changing weight four times. Begin by setting the weight stack with 5-pound weights per side for 10 reps. After rep 10, immediately change the pin setting on the weight stack so that you're next using 10 pounds per side and go for another 10 reps. Again without resting, move the pin again setting the weight at 15 pounds per side and do still another 10 reps (or as many as you can muster). Finally, move the pin up to the 20-pound weights and rep until you can't go anymore. For a descending set (also called a "drop set"), reverse that sequence, starting with your heaviest weight and decreasing every time you reach a point of initial failure.

An ascending set on its own serves as a good warm-up for any bodypart, while a descending set is a super finisher. The good news is you should only have to do one ascending or descending set per exercise and per workout to reach kaputville.

Word of caution: Be aware that certain exercise techniques may upset your fellow gym-goers. Running the rack using a series of dumbbells, for example, may not be practical during the gym's peak hours because this technique can have you monopolizing a lot of gym real estate, which may not sit well with other gym members. Rule of thumb for ascending/descending sets: If your ascending/descending set will require a lot of real estate, you might want to choose another technique or train during non-peak hours when the gym isn't so packed with members.

TRY IT YOURSELF

Pick an exercise in your next workout to try either an ascending or a descending set, such as machine chest presses or machine shoulder lateral raises or cable curls.

"This technique is traditionally done with dumbbells, but you could easily do it with a machine that you can easily adjust," says Cari Shoemate, a personal trainer and yoga instructor based in Houston (cari-fit.com). For example, use a cable machine with a rope attachment for doing **triceps pressdowns**: Start either with a low weight and build with each set or with a heavy weight and drop with each set. If you want to get creative, try using a bodyweight exercise. Shoemate explains: "Try descending sets with push-ups. Using a bench and step, work your way from the hardest angle to the easiest, starting with high-decline push-ups (feet on a bench), then to low-decline push-ups (feet on a step), then regular push-ups and finally incline push-ups with your hands on a step, feet on the floor."



Replace a
straight bar
with a rope
attachment
for triceps
pressdowns.



TECHNIQUE 2

rest/pause

●●● This awkwardly named technique is simple: You stop and rest midset, which allows your body's short-term energy systems — specifically the phosphagen system, which produces energy without the need for oxygen — to naturally recharge itself. Even just 15 seconds gives your body enough time to regain a significant amount of strength, allowing you to extend the set by at least a few repetitions.

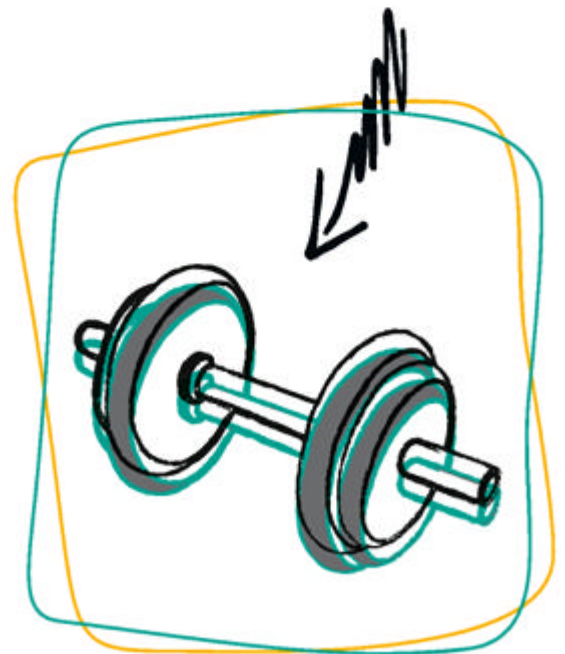
"This technique is great for those wanting to build strength and muscle quickly," says Felicia Romero, IFBB Figure pro, personal trainer and motivational speaker based in Gilbert, Arizona. The technique compresses more work into a shorter period, thus increasing your overall intensity, and higher levels of training intensity have been shown to increase muscle adaptation.

To save time and keep a modicum of tension on the muscle, don't put the weights down but simply rest in the start position — for instance, the down position on a seated shoulder press or biceps curl. (You may discover it's better to rest at the fully flexed position for exercises such as the leg press, in which it's easier to hold the weight with legs extended.)

TRY IT YOURSELF

Pick a challenging exercise for one or two bodyparts, and use rest/pause on the last set of that exercise each week. For example, perform the seated lat pulldown. Get into the standard position and do as many perfect reps as you can. Once you reach a point at which you can't quite do another rep with excellent form, stop and "rest" with your arms outstretched for 15 to 20 seconds, concentrating on deep, relaxing breaths. Then continue repping, getting in as many more as you can before terminating the set.

Another exercise to try is **pull-ups**. Set a goal — say, 25 total reps — then try to hit that mark, taking as many 15- to 20-second rests as needed. In between, either completely let go of the bar and stand on the floor or rest in the hanging position, your choice.





TECHNIQUE 3

partial reps

●●● In *Oxygen*, we love to preach about doing full range-of-motion reps. And in fact, studies confirm that stopping short robs you of the complete benefit of an exercise.

That said, there is a time when a less-than-complete rep is not only acceptable but encouraged.

Partial reps allow you to extend a set beyond the point of initial failure, putting more beneficial stress on your muscles and promoting a hormone response that sets recovery and repair activity into motion. You may not be able to do a full rep anymore, but you can likely still move through part of it, trying for three-quarters, then a half and then one-quarter reps, stopping when even those become impossible.

"I've always been a fan of partial reps because they can be done anywhere and with any type of weights or resistance," Shoemate says. Partial reps typically focus more on building muscle endurance versus strength, but it really depends on how you do them. "If you're doing higher reps, then your focus will be more on endurance," Shoemate says. "But if you only do a certain angle or range of motion and are using heavier weights, it'll definitely build strength and give muscles more shape and definition."

TRY IT YOURSELF

Because they're so intense, use partial reps sparingly on a set or two at the end of a workout once or twice a month. Try it with **dumbbell hammer biceps curls**:

"Start with full reps, doing as many as you can," Shoemate says. "When you can no longer get the weight all the way to the top, start doing half reps. When that becomes impossible, finish with quarter-range-of-motion to 'pulse' reps, stopping when the burn is red hot and you can't move the weight anymore using just your biceps."

In addition, Romero suggests a quarter squat to build your legs. "Set the safety bars in a squat rack so you can only lower yourself one-quarter of the way down before touching," she explains. "Load the bar with 100 to 120 percent of your full squat one-rep max. [Editor's Note: If you don't know that figure, you can add 25 to 30 percent more weight to what you regularly lift for 10 reps.] Do the quarter squat, lowering until the bar touches the pins — then drive right back up through your heels to standing." You can either do these quarter squats on their own or after regular squats in your leg workout. ●



The power of four

When time is tight, use these four exercises to get a whole-body workout.

By Alexander Cortes, NASM-PES, NCSF-CPT

➔ Do you always have a defined plan of action before you go to the gym? Despite your best intentions, there will always be times when planning gets cast aside and you are forced to come up with a workout on the spot. There is nothing wrong with walking into the gym without a defined plan. It can even lead to discovering new and effective exercises, but spending 20 minutes figuring out what you feel like doing is a waste of time.

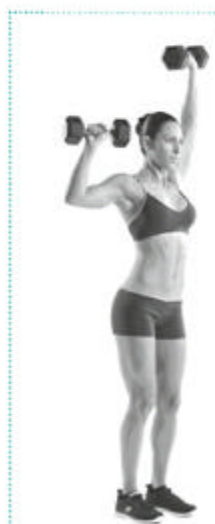
Here is a simple, easy-to-remember plan for when time is short but you want to accomplish more than just breaking a sweat. This total-body dumbbell circuit trains all the major muscle groups and movements of the body in only four exercises. Repeated four to five times, it is a strong metabolic stimulus, working the short- and long-energy systems of the body, as well as training the muscles for endurance when fatigued.

"The power of four" total-body workout

- ➔ You'll need one pair of 10- to 20-pound dumbbells, depending on your current strength level.
- ➔ Perform each exercise for a full 30 seconds, aiming to complete as many repetitions as possible.
- ➔ After completing one exercise, move on to the next. Rest 10 to 20 seconds in between.
- ➔ Upon completing one circuit, rest as long as needed for adequate aerobic recovery.
- ➔ To determine recovery, take deep breaths after each complete circuit and try to breathe through your nose. When your heart rate has dropped enough to be able to nose breathe only, you are ready to begin the next round.



▼ Create a slight bend in your knees and keep this position fixed for the entire movement. Do not dip down and use your legs to help drive the weight overhead.



SIMULTANEOUS STANDING SHOULDER PRESS

muscles worked: deltoids, triceps and core

Start with holding a pair of dumbbells at shoulder level. Press the left-side dumbbell overhead until the elbow is almost locked out. As you lower the left dumbbell, press the right overhead. Repeat back and forth for reps, with one side lowering while the other side is pressing.



2

ALTERNATING REVERSE LUNGE

muscles worked: quadriceps, glutes, hamstrings and core

Hold a pair of dumbbells at the sides of your body and let them hang at arms' length. Begin by taking a long step backward with the right leg and descend until the knee is 2 inches above the floor. Return to a standing position, then step backward with the left leg.

Keep the front foot firmly planted, and do not rush the movement and lose your balance.

3

BENT-OVER ALTERNATING DUMBBELL ROW

muscles worked: upper back and midback (rhomboids and spinal erectors)

Hold a pair of dumbbells at the side of your body and let them hang at arms' length. Shift your hips backward, hinging at the waist and allowing the torso to tilt forward. Sit back until your upper body is at an approximate 60-degree angle with the ground. Let the dumbbells hang toward the floor, but be sure not to let your back round. From this position, pull the right-handed dumbbell to your waist. Hold it for a beat and then lower it back down. As it descends, pull the other dumbbell to your body.



Visualize pulling back with your shoulder blades and getting your elbow in line with your torso.



The dumbbell burpee is best done with hex-style dumbbells that won't roll when placed on the floor.



4

DUMBBELL BURPEE

muscles worked: glutes, hamstrings, quadriceps and core

Starting from a standing position with the dumbbells at your sides, shift your hips backward and drop down into a low squat. Keep your chest erect and the natural curve in your lumbar spine. Place the dumbbells on the floor about shoulder-width apart and then kick your feet back into a plank position with your hands supported by the handles and your shoulders directly over your wrists. Jump your feet toward your hands, landing back in a squat. Still holding the dumbbells, begin to rise and transition into a vertical jump, keeping the weights at your side the whole movement. Land softly and repeat. ●

Year of change

Shawnee Jerome took exactly a year to lose 100 pounds and gain a positive new outlook on life. **By Maura Weber**

FACTS

Name:
Shawnee Jerome

Hometown:
Calgary,
Alberta, Canada

Age: 43

Height: 5'2"

Old weight:
227 lb

Occupation:
Bar manager

Fave clean meal:
Grilled chicken
breast with
avocado, sweet
potatoes and
cauliflower

CURRENT WEIGHT
126 lb

➔ Before starting her weight-loss journey, Shawnee Jerome spent time lying in bed or on the couch, eating junk food and feeling depressed. Every joint and muscle ached, and she was always short of breath. She recalls that even taking a simple walk was a challenge. Several small health issues started to arise that had the possibility to turn into bigger problems, and she struggled with poor self-esteem. "I even refused to have my picture taken because I didn't like to look at myself," she says. She finally went to a doctor and a nutritionist, who both painted a not-so-pretty picture of what her future would look like if she didn't start making changes.

Scared into action, Jerome started out with reteaching herself how to eat. She slowly cut back on the unhealthy foods she was eating. Within the month, she joined a gym and started working out three times a week, then got a trainer for some guidance. Her first trainer didn't work out, so after a search, she found her new trainer, Scott Acorn at GoodLife Fitness, and started seeing results almost immediately. They met four days a week for an hour, and Jerome trained by herself two other days. "I took in everything Scott had to say,

all his advice, including the progression of a new eating plan at certain stages of my weight-loss journey," Jerome says. "He really made a profound difference in my success this past year. I'm very fortunate to have found him."

It took Jerome exactly a year to lose 100 pounds. "I haven't taken any diet pills or tried any starvation diets. I have done this just by changing my eating habits and exercising," she says. "Not only does Scott hold me accountable, I hold myself accountable."

A big part of Jerome's transformation was realizing the power of her mind. "The mind always gives in before the body," she explains. "Once you train your mind, it's amazing how the body follows. It sounds easy, but it's a journey. It takes dedication, willpower and commitment to succeed." Taking control of her mental outlook changed more than just her body; it also improved her outlook on life. "Once I started to deal with what was going on inside, everything else started to fall into place," she says. "I'm beginning to find myself. My self-confidence grows more and more each day."

In addition to her amazing weight loss, Jerome has also achieved impressive accomplishments in the form of obstacle racing. "Just this past year, I've done five Spartan Races and two Tough Mudders along with a 10K race," she says. "I wouldn't trade this for anything. Life is fantastic. I know that just because I can't reach a goal today, doesn't mean I can't reach do it in the future. I love setting a goal for myself and conquering it and embracing any failures along the way because I know it helps me become stronger." ♦



“Once you train your mind, it's amazing how the body follows. It sounds easy, but it's a journey.”

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SESAME CHICKEN

Ingredients

SERVES 6

- 3 chicken breasts
- 1 banana pepper
- 1 red pepper
- 1 yellow bell pepper
- 1 small orange
- 2 tablespoons sesame seeds
- 2 tablespoons wheat free soy sauce
- 1 garlic clove
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 3 tablespoons olive oil

Preparation

- 1 Chop the chicken breast into cubes. Cook with olive oil, sliced garlic, garlic powder, salt, sesame seeds and wheat free soy sauce.
- 2 Chop the colored peppers into large cubes, add to the chicken and stir for a few minutes. Distribute to serving plates.
- 3 Top with peeled and sliced oranges, and serve



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A better place

After losing 80 pounds and overcoming cancer, Susan Lamb decided to take on a new challenge: hitting the stage of a bodybuilding show. **By Mike Carlson, NASM-CPT, CFL-1**

FACTS

Name:
Susan Lamb

Hometown:
Plymouth, Minnesota

Age: 57

Height: 5'3"

Old weight:
205 lb

Occupation:
Sales & account
management

Fave clean meal:
Turkey scramble
(ground turkey,
peppers, spinach,
egg white, spices)

CURRENT WEIGHT
125 lb

➔ The weight crept up on Susan Lamb slowly. A single working mother, Lamb spent years focusing on her children and career as the extra pounds slowly accumulated. Her knees were sore, she couldn't play with her grandson and at 52 years old, she tipped the scales at 205 pounds. Then came the breast cancer diagnosis.

"All of that just kind of made me take stock of where I was at and where I wanted to be. As I was finishing up radiation, I started doing a little bit of cardio, just to get some exercise into my day," she says. "I visualized in my mind that I was going to take care of myself and come to a different place. I was not going to stay this way. I had that vision and then I started taking steps."

One of those steps was to do some weight training. Feeling old and overweight, it took Lamb three months to find the confidence to approach a personal trainer in the gym. With the trainer's help, and blessed with a physique that always held a lot of muscle, Lamb made fast progress. When she eventually broached the idea of doing a natural bodybuilding contest, her trainer thought it was a great idea. She has competed in five contests to date, with her best

performance garnering her second place. But the offstage accolades dwarf any trophy or medal she could be handed on the dais.

"Any time I compete, women and men come up to me and hug me and tell me how inspired they are. When I say I weighed 205 pounds when I started, people can't believe it. That's why I say that anyone can do this," she says. "You just have to visualize being in a different place. Then you take steps every day to get yourself there."

Today, Lamb is in a decidedly different place. She recently hit the magic five-year mark after her surgery and radiation treatments, meaning that her oncologists consider her to be officially cancer-free. Expecting the arrival of another grandchild, she plans to take a break from competing in 2015, but she still hits the gym four to five days a week. She has become the fitness expert in her expanding family and recently wrote a workout program for her daughter.

"When my grandson, who is now in the eighth grade, wants advice on working out, he comes to me," Lamb says. "The other day he said to me, 'How can I get abs?' I am the one he asks! I think that is pretty cool." ♦

"I visualized in my mind that I was going to take care of myself and come to a different place."



before

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PHOTO BY STEVE SEGURA

STATS: 30 • 117 LB • 5'11"



PHOTO BY CHRIS V. LINTON

STATS: 28 • 110 LB • 5'11"

● **BACK ON TRACK:** Kelly Cotton was active in high school and college track but then took some time off from training. When she decided she wanted to get back in shape, she jumped into the world of CrossFit. "I used to be a cardio woman and am now a converted weights gal," she says. "I have seen many improvements in my life, health and body since I fell in love with CrossFit." These days, she explains, her favorite kind of cardio is "lifting fast."

● **LOVING THE CHALLENGE:** Cotton is married and has a 3-year-old daughter, Harper. She trains in the early morning while her husband, Andre, stays with Harper, then he goes to work. "I have an amazing husband, and he's my greatest supporter," she says. Her motto for life is to follow your passion and always pursue new challenges. "What doesn't challenge you doesn't change you" is tattooed onto her rib cage.

● **GETTING PUMPED:** Cotton's favorite exercise is back squats. "They literally work your entire body," she explains. She has a treat food of something with chocolate or peanut butter about once a week and says almond butter is her favorite non-cheat food. She likes to listen to rap or hip-hop before a workout to get in the mood and trains with a buddy for the mutual inspiration. "You should love being at the gym and love how you feel when you leave," she says. "Always take on a challenge and never stop trying."

● **LIVING THE LIFE:** Fitness runs through every part of Claudia Sandor's life. "I was hooked ever since I attended my first muscle and conditioning class," Sandor says. Now she owns a personal training studio (Lux Fit in Markham, Ontario) and competes in bikini, and says her boyfriend, Andy Ho, shares her passion for being active. She loves sharing her fitness experiences. "Inspiring people helps me push myself harder every day and keep progressing," she explains.

● **A LITTLE OF EVERYTHING:** Sandor loves cardio as well as weights. She does a five-day training split and varies her workouts. "I focus on two to three muscles each day," she explains. "And I do different types of cardio five to six days a week, jogging on a treadmill or outside if the weather is nice, stair-stepping or biking. Once or twice a week, I'll perform a HIIT workout on the treadmill." When training legs, she loves lunges. "There are so many variations, I can never get bored of them," she says.

● **INSIDER TIPS:** As a trainer, Sandor uses fashion advice to motivate her clients. "Wear clothes in the gym that make you feel sexy and energetic to push yourself harder," she says. She also reminds people to stretch after training. And her favorite physical feature isn't muscle related. "It's my smile! As I walk by and smile at someone, it's contagious and makes everyone around smile, too, creating a positive environment."



KELLY COTTON
Valparaiso, Indiana
Gig: Stay-at-Home Mom



CLAUDIA SANDOR
North York, Ontario, Canada
Gig: Personal Trainer



Think you have the fit factor?

Meet 4 women who've got the fit factor

By Maura Weber

PHOTO BY PARRIS SIMS PHOTOGRAPHY



STATS: 39 • 142 LB • 5'7"

● **LONGTIME FAN:** Tina Glass has been an *Oxygen* reader since the beginning. "The first *Oxygen* I picked up was the second issue," she says. "After seeing the beautiful, strong, real women in the magazine, I knew I could be one of them." She earned a degree from the University of Arkansas, Little Rock, and became a personal trainer, and now she owns a private training studio and is an NPC National Figure competitor with hopes of earning her pro card. She says she owns every issue of *Oxygen* except that very first one.

● **SHE LOVES LIFTING:** "I can't imagine my life without weight training," Glass says. "I love feeling stronger and the way my body feels after a good training session." Offseason, she does a five-day training split, and then for contest prep, she changes her training protocol to focus on back, delts and legs with more cardio. She likes having sweet potatoes on her higher-carb days, and after a show, she loves to indulge with pizza.

● **MOTIVATION AT HOME:** Glass says she has been inspired in life by her mother. "She showed me that anything is possible as long as you're willing to work for it," Glass says. And she credits her husband, Byron, for supporting her fitness dreams. Glass enjoys sharing her passion. "I live to encourage others. So often we become discouraged when we don't see immediate results," she says. "We have to keep in mind that fitness is a journey and it will take time."

TINA GLASS

Little Rock, Arkansas
Gig: Personal Trainer

PHOTO BY FREEDOM STILLS PHOTOGRAPHY



STATS: 25 • 115 LB • 5'5"

● **GOAL GETTER:** Alyson Webster grew up in a fitness-minded family; her mother and late aunt competed in fitness, and Webster remembers admiring their achievements. "I saw how much dedication and commitment it took and I found them inspiring," Webster says. She attended Merrimack College on a field hockey scholarship and graduated with a degree in business marketing, and now works as a sales manager in addition to working toward her goal of becoming a Bikini pro.

● **SOLO VS. GROUP:** Webster likes training in a variety of settings. "I enjoy morning cardio time alone," she says. "It's a time to relax and focus on myself. But when it comes to lifting, I believe finding a great support system is a key to success. Everyone needs someone to motivate them." She keeps things interesting by having two gym memberships (one near her home and one near work) and switching up her cardio.

● **FITNESS FAVES:** When it comes to food, Webster loves salmon and says she could never tire of it. Unfortunately for her, she says, she also loves Oreos. "I avoid them at all costs," she says. Her favorite muscle group to train is biceps. "I love when I can see the muscle moving and get excited when I have a pump," she says. Webster's proud of her midsection: "I have a sense of accomplishment when I see the definition in my abdominals because it's the result of proper eating and lifting technique."

ALYSON WEBSTER

North Reading, Massachusetts
Gig: Partner Sales Executive

#AimFitness



Grow your assets

When you're a little behind the curve, these elements may be a crucial part of a program designed to improve your rear view. **By Stephanie Booth**

➔ Very few of us have the kind of good fortune that allows each muscle group to respond so flawlessly to resistance training that we get to look like we want with minimal effort. In the real world, some bodyparts respond like magic and others lag behind.

With current popular culture agog with tight, rounded, muscular booty, some of us may be looking to lift our rears. If we're talking to you, sister, then you might consider a supplement regimen and our bonus workout, designed to make sure that your backside is not in arrears when it comes to assessing your physique from top to bottom.

Here are four ingredients you might look for in your supplement mix if you're on the elusive quest for head-turning glutes:

● Fenugreek

This herb may help women regulate hormones to support muscle building in areas where they are lacking. Fenugreek increases testosterone levels, a hormone that is crucial for women seeking to support accretion of lean tissue, despite its association with male virility. Taking in efficacious amounts of fenugreek will not cause unwanted problems because your body will regulate this hormone for female needs because of the fact that it first passes through your liver.

● Maca Root

Maca-root extract has long been used as an aphrodisiac and to help slow the aging process. Maca root, taken as a supplement, is believed to support a woman's ability to add lean tissue to bodyparts she's training with intensity, and how else would you train lagging glutes? Maca-root extract also supports faster recovery from training.

● Saw Palmetto

While saw palmetto is most frequently supplemented to support male prostate health, it also provides benefits to women, helping to increase production of estrogen. Extract of saw palmetto helps women improve muscle growth and enhances recovery from intense workouts.

● Dong Quai

This compound helps you balance your hormones. *Dong quai* is believed to help you shift how you store body fat, encouraging a woman's body to add it in places that improve your hip/waist differential while potentially supporting reproductive health.

HAVE A BLASST!

In addition to proper nutrition, recovery and supplementation, it's crucial to follow a training regimen that targets your glutes with proper technique and intensity. Glorious glutes demand pushing hard each time you train them. This workout is designed to enhance your posterior's tight musculature. As such, you should choose moderate weights and focus on stretching and contracting your glutes during every rep of every set. Try to complete this routine in less than 30 minutes, and feel free to add other elements of your regular training routine to this back-end blaster. You should perform this glute-boosting routine two to three times a week — making sure to recover 48 hours between each bottom-blasting workout — when your goal is tight, round, powerful curves.

EXERCISE	SETS	REPS
Squat	3	20
Walking Lunge	3	20 steps per leg
Stiff-Legged Deadlift	3	12-15

Rest 30 to 45 seconds between sets and one minute between exercises.

20/20 HINDSIGHT ➔ Healthy increases in muscle mass and body-fat distribution cannot be achieved overnight, but adding Gluteboost Butt Enhancement Pills — which contains each of the four compounds mentioned earlier — to your regimen may be a means to a better end. When you supplement with Gluteboost, the manufacturer notes that it typically takes eight to 12 weeks before you start to see results and six to 12 months to reach your desired target size. The manufacturer observes that for best results, consider taking one pill per day and train your glutes and legs two to three times a week. Follow our "Have a Blasst!" sidebar for a typical glute workout you can consider. For more info on Gluteboost's pills or topical cream, visit its website at bootypills.alakmalak.net/butt-pills/.

product talk

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— @leahgruber



@misplacedteaguer standing strong



@leahgruber workout takes flight



@tierneyamccann calm before the storm



@strive_2b_gr8 berrylicious nom noms

Capture a moment of **fitness inspiration** in your day and share it with us! We want to know what gives you that moment of joy in fitness. It could be repping out in the gym, a swim in the pool or a quiet moment on your yoga mat after class. Share it with us on Instagram using **#oxygenexhale** and your photos could be featured in an upcoming issue of **Oxygen**.

THE FINAL STEP

For A Perfectly Lean Body

Do you struggle with shedding those last few pounds to accentuate your perfectly lean physique? All too often, no matter how hard you work out and diet, you just can't seem to lose those last few pounds to highlight your muscle tone and definition. The fact is, most women are storing 5-10 lbs. of excess water, causing them to look soft and bloated. Fortunately, XPEL, the powerful all-natural diuretic, can help you drop water weight fast. It's so effective that within 12 hours, XPEL will begin to shed the excess water weight and reveal your sexy, lean and toned body.

XPEL is the final step in your pursuit of physical perfection.



Your Water Weight Solution

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LIVE WELL

theVitamin Shopper
eating healthy. naturally.

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BIO-TECHNICAL

VITAMIN WORLD

Lucky Vitamin
The Natural Way to Stay Healthy

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TRUE STRENGTH RAISES THE BAR

When you're on top of your game, nothing can hold you back. Hit a new personal best by supporting your energy, focus and training endurance with ON's new Gold Standard Pre-Workout*. Each scoop delivers 175 mg of caffeine from natural sources (tea and coffee bean) along with a stack of proven ingredients, making this great tasting, easy to mix powder the perfect before training complement to your post-workout whey protein shake. Raise the bar with the pre-workout powder that's made with only select premium banned substance free ingredients, at just 5 calories per serving.



ENERGIZING



SUPPORTS
FOCUS



ENHANCED
ENDURANCE*

NEW

